

TESCO

FREE | MARCH 2023

65+

recipes and
food ideas
to try now

→
Eton mess
Easter
sharing eggs
p60

Bring on the chocolate!

GET CRACKING

+
**MAKE
HER
DAY**

BRUNCH,
BLOOMS AND
THOUGHTFUL
GIFTS FOR
MOTHER'S DAY

Eggs-cellent ideas for a fun-packed family Easter



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at TH
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p18

There's no one more important than the mother figure in your life. OK, I'm a mum, so I'm probably biased! But with Mother's Day coming up, have a think about what matters to them. Whether it's more time with loved ones around the table or a slower pace to

enjoy mornings, our ideas (from p23) have got you covered – you don't need to spend a lot to make someone feel special. As it's just around the corner, we've given Easter lunch a shake-up (p39) with a cheaper yet special way to enjoy lamb, and a sumptuous fish stew that's easy on your wallet. If you're hunting for brilliant treats, you'll find a hot cross bun trifle and an Eton mess loaded Easter egg on p55. You're welcome! Have a fab March, however you're celebrating.

Lauren



I'M LOVING...

Portuguese Custard

Tarts 4-pack 208g

£2.60 (£1.25/100g): I stash

them in the freezer for a

sweet treat anytime –

they bake from frozen!

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Paper for people

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Page 5



No matter the occasion,

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Paper for people



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LOVELY MUM

Gifts of joy



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Eton mess Easter sharing eggs, p60

RECIPE Linzi Pucino

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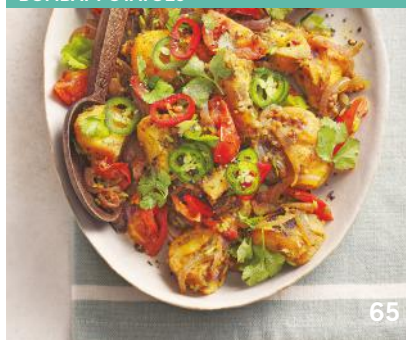


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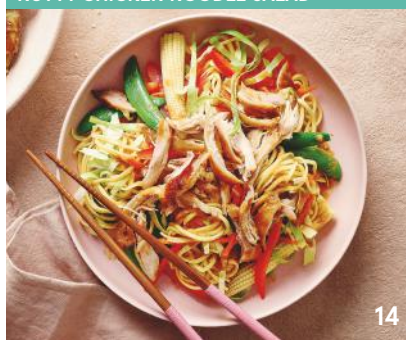
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BOMBAY POTATOES



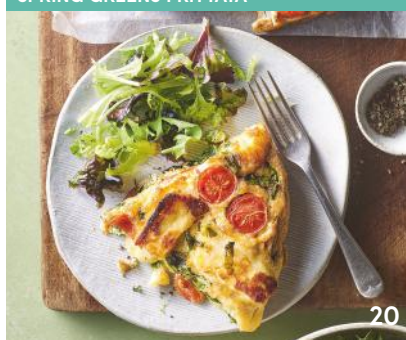
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OUR PROMISE TO YOU

We're on a mission to help you save time and money by reducing food waste, energy use and prep time, and manage your weekly shopping spend by choosing affordable ingredients and recipe methods fit for purpose. We'll offer balanced, filling meals as well as recipes for treats. We'll help you spend less.

Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

-  Vegetarian (free from meat and fish)
-  Vegan (free from animal-derived products)
-  Dairy free (free from milk-derived products)
-  Gluten free
-  Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit be.drinkaware.co.uk

What's in store

We've got everything you'll need for a cracking Easter, as well as treats and gifts to show your love on Mother's Day



JAMIE ROBINSON
Tesco's executive
chef, product
development

'Mum's the word this month and our Mother's Day treats have you covered. We have lots of affordable ways to show your love for the mum in your life, like making the fruity meringue nests on p11. And with Easter just around the corner, it's not too early to start stocking up. Our handy lamb guide (right) will help you plan so your centrepiece is easier than ever.'

CHOOSE YOUR CUT

However many people you've got over for Easter, there's a cut of lamb to suit you. Check out our mini guide





LEG An eye-catching centrepiece (left) – opt for a whole leg to feed larger numbers, or half a leg for fewer people. Roast whole on the bone, but be careful not to overcook (see guide, above right) or the lean meat will become dry.

Lamb Whole Leg Joint 1kg, £13

CHOPS A pricier cut, but ideal for a smaller crowd if you want something special. Chops are cut from the ribs (or sold whole as a lamb rack) and are especially tender. Also available frozen.

Fresh Lamb Chops 300g, £4.55 (£1.52/100g)

LOIN With more fat than a leg but less than a shoulder, loin is great for roasting, or – if you're already getting into the summer spirit – barbecuing quickly on a high heat.

Lamb Loin Chops 550g, £6.80 (£1.24/100g)

RUMP Taken from the hind legs, this cut is lean and tender. Skip the oven and hold with tongs, fat-side down, in a hot frying pan for the fat to render and become crispy.

2-pack Lamb Rump Steaks 300g, £4.75 (£1.58/100g)

SHOULDER This cut is fattier than leg, which makes it great for slow-roasting and stewing, and slightly cheaper too. Cook on the bone so it can retain more flavour and the meat will melt off when pulled with a fork.

Lamb Whole Shoulder 1kg, £10.20

HOW TO ROAST

Help large joints cook more evenly by removing from the fridge an hour before cooking. Find the weight of your joint on the packaging, as this will affect the cooking time. This varies, but as a rule, set your oven to gas 4, 180°C, fan 160°C and follow this guide:

BONE-IN LEG (HALF OR WHOLE)

Medium 25 mins per 500g, plus 25 mins (e.g. a 1.5kg joint will be 3 x 25 mins + 25 mins = 1 hr 40 mins cooking time).

Well done 30 mins per 500g, plus 30 mins.

PART-BONED SHOULDER

60 mins per 500g, plus 30 mins.

RESTING

This time allows the meat to relax after cooking so that it becomes juicier and

easier to carve. Smaller cuts will only need 5 mins, but rest larger joints for as long as you can. Cover with foil to keep warm until carving.

CARVING

Hold the joint with a fork to stabilise it. Repeatedly cut down until you hit the bone to carve equal slices. Run the knife horizontally across the bone to 'release' the slices, then turn the joint over and run the knife over the bone to remove any extra meat.

Pair with...

No matter which cut you pick, serve these staples alongside your lamb



Tesco Finest Sage & Red Onion Stuffing
130g, £1.90
(£1.46/100g)

Tesco Finest Lamb Gravy
350ml, £1.75
(50p/100ml)

Rosemary 20g, 52p (£2.60/100g)



BREAKFAST IN BED

Slather **Tesco Finest Fig & Balsamic Chutney** 210g, £1.45 (69p/100g), onto baked **6 All Butter Croissants** ✨, £2.60 (43p each), and fill with cooked **Smoked Back Bacon** 10 Rashers, £1.95 (20p each), and **Tesco Finest Brie De Meaux** Portion 170g, £3.25 (£1.91/100g). Grill until melted.



New look

Tesco Finest coffee now has a brand-new design!
Tesco Finest Morning Ritual Ground Coffee 227g, £3.90 (£1.72/100g)



VEGAN MAIN

If you're not a lamb fan, tuck into **Wicked Wellington!** 485g, £5 (£1.03/100g).



Easter Milk Chocolate Bunny 100g, £1

EASTER TREATS

All your seasonal favourites are back in store – which will you pick?



Tesco Finest 4 Apple & Cinnamon Hot Cross Buns, £1.60 (40p each)

Free From Cluckie The White Chocolate Chick 100g, £3.50



Oven-free bake

Decorate **Free From Gingerbread Easter Egg Kit** 134g, £2.25 (£1.68/100g), with icing and sprinkles.



Sippable gifts

If your mum loves a cocktail, pick up one of these: **Tesco Finest Salted Caramel Irish Cream Liqueur 70cl, £12.60*** (£1.80/100ml); **Tesco Finest Gingerbread Latte Irish Cream Liqueur 70cl, £12.60*** (£1.80/100ml).



Dessert for Mum



Top **Tesco Finest 8 Meringue Nests, £1.90** (24p each), with **Tesco Finest Raspberry Conserve 340g, £2** (59p/100g), **Blueberries 250g, £3** (£1.20/100g), and **Strawberries 227g, £2.30** (£1.01/100g).



Roast heroes

Make veg the star with these fresh and easy sides

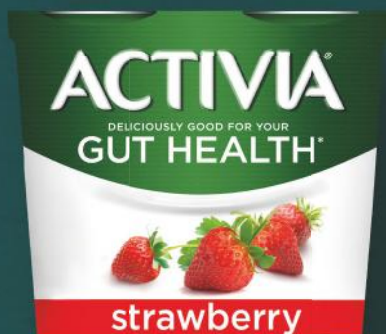


Tesco Finest British Potatoes with Beef Dripping 800g, £3 (38p/100ml)



Tesco Finest Tenderstem Broccoli & Asparagus with Wild Garlic Butter 260g, £2.60 (£1/100g)

WE'RE FIGHTING FOOD WASTE



**Best before labelled
products are still
safe to eat once the
date has passed.**



*Activia contains calcium from milk, which contributes to the normal function of digestive enzymes. *Actimel contains vitamins D & B6 which help contribute to the normal function of the immune system. **Light & Free and Actimel contain naturally occurring sugars. Enjoy as part of a varied, balanced diet & healthy lifestyle. We are currently working at moving all our Activia packs from use by to best before.

While stocks last. Available in the majority of stores.

Available at **TESCO**

COOK *ONCE*, EAT *TWICE*

Turn sweet and sticky chicken thighs into a fresh noodle salad with these clever double-duty recipes



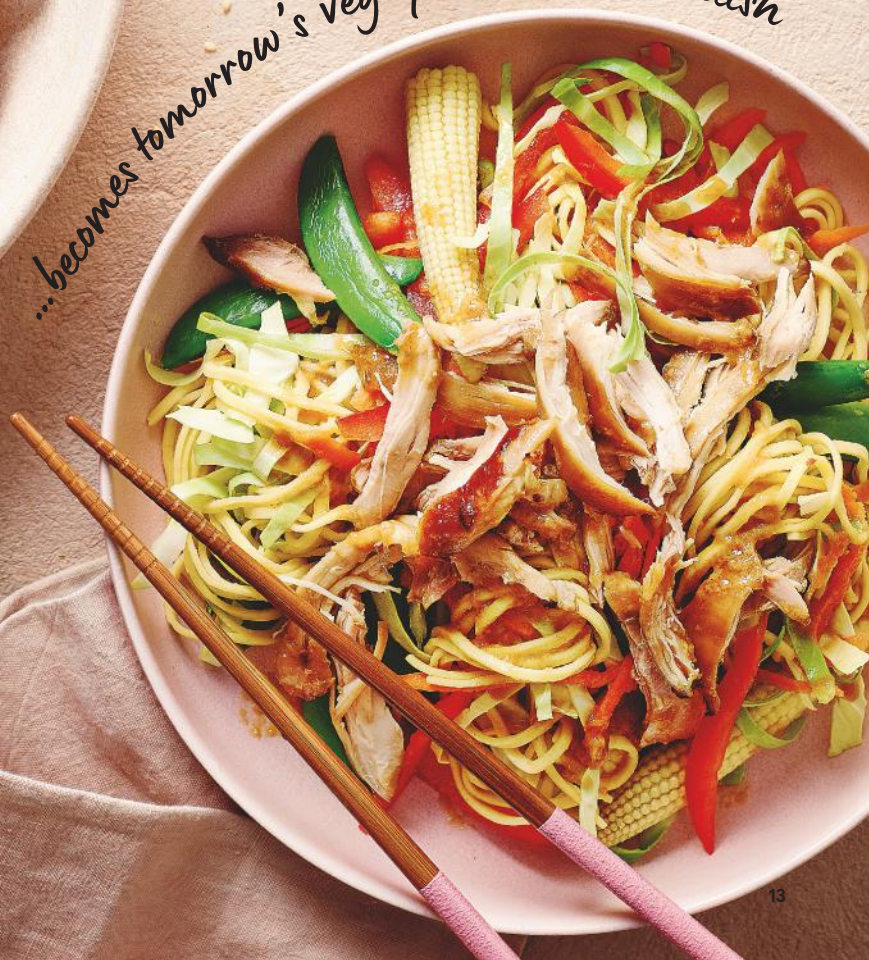
Soy & honey
chicken
thighs with
green rice
p14



...becomes tomorrow's veg-packed noodle dish

Tonight's chicken dinner...

Nutty
chicken
noodle
salad p14



Dinner tonight

SOY & HONEY CHICKEN THIGHS WITH GREEN RICE

Serves 4 freeze

leftover chicken and marinade

Takes 1 hr plus optional marinating

Cost per serve £1.37

CLEVER SWAP Swap the soy sauce for tamari to make it gluten-free.

LOW ENERGY Cook the chicken in batches in a single layer in an air-fryer for 15–20 mins at 200°C. Cook the marinade in a pan over a medium heat to reduce by about half.

- 3 tbsp reduced-salt soy sauce
- 2 limes, juiced
- 2 garlic cloves, finely grated
- 10g fresh ginger, finely grated
- 2 tbsp clear honey
- 3 tbsp vegetable oil
- 1kg chicken thigh fillets
- 100g bunch spring onions, half chopped, half sliced lengthways
- 250g basmati rice
- 450g broccoli, chopped
- 250g frozen peas, blanched
- 1 tbsp sesame seeds, toasted (optional)
- fresh coriander, to serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C and line a baking tray with foil. Mix the soy sauce, lime juice, garlic, ginger, honey and 2 tbsp oil in a large bowl, then add the chicken. Cover and marinate for up to 24 hrs in the fridge if you have time, or use immediately.

2 Arrange the sliced spring onions on the prepared tray and top with the chicken in a single layer. Pour over the marinade and cover with foil. Bake for 30 mins, then uncover and cook for another 20 mins until cooked through, golden and tender.

3 Meanwhile, cook the rice to pack instructions. Cook the broccoli in a pan of boiling water for 5 mins, adding the peas for the final 3 mins. Drain and set aside.

4 Add the remaining oil to the empty pan, cook the chopped spring onions for 1 min, then add the broccoli, peas and rice; fry for 2 mins. Add 5 tbsp of the chicken cooking juices and divide between 4 plates.

5 Slice half the chicken thighs (reserve the rest and the remaining juices for the noodle salad, right) and divide between the plates, along with the sesame seeds and fresh coriander, if using. Drizzle with around 4 tbsp more of the cooking juices to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2661kJ 633kcal	23g	5g	10g	1g
32%	33%	23%	11%	16%

of the reference intake. See page 7.
Carbohydrate 63g Protein 40g Fibre 9g

Dinner tomorrow

NUTTY CHICKEN NOODLE SALAD

Serves 4

Takes 20 mins

Cost per serve £2.11

TIME-SAVING Save time by swapping the fresh veg for a 320g pack of vegetable stir-fry mix.

- 250g pack medium egg noodles
- 150g pack sugarsnap peas
- 130g pack baby corn
- 500g leftover soy and honey chicken and marinade (see recipe, left), chicken shredded
- 2 tsp sesame oil
- 1 tbsp smooth peanut butter
- 2 limes, juiced
- 1 tsp clear honey
- 1 tbsp reduced-salt soy sauce

- ½ (roughly 300g) sweetheart cabbage, very thinly sliced
- 1 carrot, scrubbed and grated
- 1 red pepper, thinly sliced

1 Cook the noodles to pack instructions, adding the sugarsnaps and corn for the last 3 mins. Drain, then mix with a little of the reserved chicken marinade.

2 Mix the sesame oil, peanut butter, lime juice, honey and soy sauce together with the remaining marinade from the chicken until smooth. Heat in the microwave for 20 secs for a warm dressing, if you like.

3 Mix the cabbage, carrot and pepper with the noodles, sugarsnaps, baby corn and most of the shredded chicken. Divide between plates, top with the remaining chicken and drizzle with dressing to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2591kJ 617kcal	23g	5g	17g	2.1g
31%	33%	25%	19%	34%

of the reference intake. See page 7.
Carbohydrate 59g Protein 39g Fibre 6g

TASTES LIKE HOMEMADE

New



With 150 years of expertise and tradition in every product we make, Filippo Berio Pasta Sauces are as authentic as they are delicious. Made with naturally sweet Italian tomatoes and Filippo Berio Extra Virgin Olive Oil, these are convenient, classic pasta sauces of the highest quality.

When Filippo Berio makes pasta sauces, we ensure that the vegetables are cooked before the tomatoes are added – not at the same time. This crucial two stage cooking method locks in all the flavour, so our sauces taste fresh. Just like homemade.

Bring effortless Italian inspiration to any meal with Filippo Berio Pasta Sauce.

Filippo Berio

His signature. Our promise.

Available in the majority of stores

Available at **TESCO**

50^{*}

cups of

BARISTA STYLE

coffee



*Based on a 90g tin; one cup = 1tsp (1.8g) + 200ml hot water.

BROCCOLI AND SPRING GREENS

A quick blanch, a drizzle of olive oil, a twist of pepper and a squeeze of lemon – done! That's all these veg need. Simple but special, you can take dinner up a notch very easily, just by plating up purple sprouting broccoli instead of your regular 'trees', as some kids call them. Their smaller heads and tender side shoots are great for quick cooking: try them peppery and sweet on pizza, or tossed into your next stir-fry with sesame oil to bring out their nutty flavour. And spring greens are an affordable alternative to cabbage with a gentler flavour: pair them with sweet, salty bacon in our recipe on p21 – a side you might want to try out with Easter lunch.

FIELD TO FORK

Knock up these super-fresh recipes in no time with spring's best veg

**Taste the care**

Look for this quality seal on the most cared-for products at Tesco. All the hero

ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.



MEET THE GROWER



TH Clements is based in Benington, Lincolnshire. They've been growing top-quality veg, including purple sprouting broccoli and spring greens, for over 50 years.

So how do you grow really tasty greens? On the east coast of Lincolnshire, the farmland is rich with nutrients from the rivers – a mix of alluvial silt, sand and clay. That, along with TH Clements' years of experience, makes for very good crops indeed. Neil Sharpe, head of farming, says, 'To deliver on quality, tenderness and sweetness, we nurture the best seed varieties and land, and use hand-selected harvesting techniques.' We've added these veg to our Easter shopping list already!

The colour of purple sprouting broccoli is due to breeding by the seed houses. We select the most vibrant purple varieties to grow



GOAT'S CHEESE & BROCCOLI PESTO TOASTS

Serves 4 freeze pesto only

Takes 15 mins

Cost per serve £1.19

120g radishes, trimmed and finely sliced
1 tbsp vinegar (red, white or cider)
200g pack purple sprouting broccoli
½ garlic clove
2 tbsp sunflower seeds, toasted
30g fresh basil
60g vegetarian hard goat's cheese, finely grated
3 tbsp extra-virgin olive oil
4 slices sourdough (or other bread), toasted

1 Scrunch the radishes in a small bowl with the vinegar and a pinch of salt. Set aside.
2 Boil the broccoli in a pan of water for 5 mins or until tender and just cooked. Drain, run under cold water and drain again; set aside 4 spears.
3 Roughly chop the remaining broccoli, then transfer to a food processor with the garlic, sunflower seeds, basil leaves and ¾ of the goat's cheese. Pulse until finely chopped; then, with the motor running, slowly drizzle

in the oil and 3 tbsp water. Season to taste.

4 Divide the pesto between the toast slices. Halve the reserved broccoli spears and use to top the pesto. Scatter with the remaining cheese and the radishes to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1448kJ 347kcal	21g	5g	2g	0.7g
17%	29%	27%	3%	12%

of the reference intake. See page 7. Carbohydrate 25g Protein 13g Fibre 4g 1 of your 5-a-day; source of protein

THAI GREEN PORK & BROCCOLI CURRY

Serves 4 **DF** **GF**

Takes 45 mins

Cost per serve £2.58

1 tbsp olive oil

400g pork fillet, fat and sinew removed, cut into 4cm chunks

250g mushrooms, sliced

15g fresh coriander, leaves picked, 5g finely chopped

200g jar Thai green curry paste

400g tin lighter coconut milk

25g unsalted peanuts, toasted

150g mangetout, trimmed

200g pack purple sprouting broccoli, trimmed and halved lengthways

2 limes, 1 juiced, 1 cut into wedges
steamed rice, to serve (optional)

1 Heat the oil in a large, lidded frying pan over a medium heat. Fry the pork for 7 mins, turning regularly, until golden on all sides. Transfer to a plate.

2 Add the mushrooms to the pan and fry for 5 mins. Transfer to the plate with the pork.

3 Reduce the heat to medium-low; add the chopped coriander and curry paste. Cook for 2 mins, stirring constantly, until fragrant. Stir in the coconut milk, then fill the tin with 200ml water and add to the pan. Increase the heat to medium-high and simmer for 10 mins.

Meanwhile, bash the peanuts into crumbs with a pestle and mortar or a rolling pin.

4 Return the pork and mushrooms to the sauce and cook for another 3 mins. Add the mangetout and broccoli, cover and cook for 4 mins until tender and the veg is just cooked.

5 Remove from the heat, season to taste and squeeze in the lime juice. Scatter over the remaining coriander and the peanuts, then serve with the lime wedges and steamed rice, if you like.



Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1488kJ 357kcal	21g	9g	6g	1.1g
18%	30%	44%	7%	18%

of the reference intake. See page 7.
Carbohydrate 10g Protein 30g Fibre 4g



HALLOUMI, POTATO & SPRING GREENS FRITTATA

Serves 6  

Takes 25 mins

Cost per serve 89p

2 tbsp olive oil

300g tin peeled new potatoes,
drained, patted dry and sliced
into 5mm rounds

175g halloumi, sliced

200g sliced spring greens

½-1 red chilli, to taste, finely sliced
(optional)

8 eggs

100g cherry or plum tomatoes,
halved

green salad, to serve (optional)

1 Heat 1 tbsp oil in a medium
(about 24cm) ovenproof frying
pan over a medium heat. Fry
the potatoes for 5 mins,
tossing occasionally, until
golden and starting to crisp.
Transfer to a plate.

2 Add the halloumi to the pan
and fry for 3 mins, turning
halfway, until lightly golden but
still soft; transfer to a plate.
Preheat the grill to medium-high.

3 Add the remaining oil to the
pan and soften the greens and
chilli, if using, for 2 mins. Return
the potatoes to the pan. Beat the
eggs in a bowl, season, then pour
over the veg. Swirl the eggs
around the pan for 2 mins, then
arrange the halloumi on top,
pulling some of the greens so
that they poke out. Dot over the
tomatoes, then place under the
grill for 5-6 mins until risen,
golden and set.

4 Loosen the edges of the
frittata, slide out onto a board
and cut into wedges to serve
alongside a green salad,
if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1150kJ 276kcal	20g	8g	2g	1.3g
14%	28%	39%	2%	22%

of the reference intake. See page 7.
Carbohydrate 7g Protein 18g Fibre 1g



BRAISED SPRING GREENS WITH BACON

Serves 4 as a side **DF** **GF**

Takes 15 mins

Cost per serve 88p

1 tbsp olive oil

100g smoked bacon

lardons

2 shallots, finely sliced

2 garlic cloves, finely sliced

300g sliced spring greens

½ vegetable stock pot,

made up to 150ml

½ lemon, juiced

1 Heat the oil in a high-sided frying pan over a medium heat. Fry the bacon for 5 mins or until just beginning to crisp. Add the shallots and garlic; fry for another 3 mins.
2 Add the spring greens and stock; cook for 5–6 mins, stirring regularly, until the greens are tender and the stock has nearly cooked away. Squeeze in the lemon juice and season to taste.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
554kJ 134kcal	10g	3g	3g	1.4g
7%	14%	13%	4%	23%

of the reference intake. See page 7.
Carbohydrate 4g Protein 7g Fibre 2g
1 of your 5-a-day; source of protein

Well-drained soil and a cool climate with plenty of sunshine help spring greens thrive

88p
per serve

GIVE ME MORE!

Scan this QR code to find more recipes using March's seasonal ingredients.





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*Qualifying products: Philadelphia Chives 165g, Garlic & Herbs 165g, Light 165g or 280g, Lightest 165g, Original 165g or 280g, Salmon 165g, Lightest Herb 165g, Sweet Chilli 165g, Garlic & Herbs 280g.

Opens 00:00 22/02/23. Closes 11:59pm 21/03/23. UK 18+ only. 1 winner randomly drawn wins a 3-night 5* hotel stay in NYC for 2 adults (18+), with return economy flights from UK to NYC; US airport-hotel taxi transfers; private 2-hour NYC Bagel tour; ESTA fees; travel insurance; £250 spending money. Excl. other expenses. Book within 12 months & take within 18 months of acceptance, excl. over UK/US bank holidays/Valentine's Day/school holiday periods. Saturday night stay required. 1 entry per person. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Supplier: Mondelez Europe Services GmbH - UK Branch. Administrator: Prizeology Ltd.

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Make it special

Time together around the table or slower mornings with an indulgent brunch – it's the thought that counts this Mother's Day

20p
per scone

Save
the date


Mother's Day
this year is
on 19 March

Raspberry
scones p24

Pink lemonade gives these scones a fluffy texture



RASPBERRY SCONES

Makes 8 

Takes 30 mins

Cost per serve 20p

CLEVER SWAP Use fresh raspberries, if you like, or any other fresh or frozen berries.

300g self-raising flour,
plus extra for dusting

50g caster sugar

125ml pink lemonade,
plus 2 tsp

150ml whipping cream,
plus extra to serve
(optional)

100g frozen raspberries
raspberry jam, to serve
(optional)

1 Put the flour, sugar and $\frac{1}{4}$ tsp salt in a large mixing bowl. Mix the lemonade with 125ml cream in a jug, then pour over the dry ingredients and use a cutlery knife to mix to a soft, crumbly dough. Preheat the oven to gas 7, 220°C, fan 200°C and lightly dust a baking sheet with flour.

2 Tip the dough onto a lightly floured surface, scatter over the frozen raspberries and knead lightly until combined and the raspberries are evenly rippled through.

3 Use your hands or a rolling pin to pat or roll the dough to a thickness of 3cm, then use a 5cm round cutter, dipped in flour, to cut out scones. Reroll the trimmings to make 8 scones. Mix 1 tbsp cream with 2 tsp lemonade to loosen, then use to brush the tops of the scones. Bake for 12–14 mins until risen and lightly browned.

4 To serve, split the warm scones and top with whipped cream and raspberry jam, if you like. The scones are best fresh but can be made up to 3 days ahead and gently warmed in a low oven to refresh.

Each scone contains

Energy	Fat	Saturates	Sugars	Salt
976kJ 232kcal	8g	5g	8g	0.5g
12%	11%	23%	8%	8%

of the reference intake. See page 7.
Carbohydrate 35g Protein 4g Fibre 2g

NO-STIR BAKED RISOTTO PRIMAVERA

Serves 4

Takes 40 mins

Cost per serve £1.39

CLEVER SWAP Other soft cheeses also work here: try roulé. To make it veggie, use vegetarian hard cheese and skip the prosciutto.

4 slices prosciutto crudo

1 bunch of spring onions,
thinly sliced

3 garlic cloves, chopped
250g risotto rice

1 reduced-salt vegetable
stock cube, made up to
900ml

1 courgette, diced into
1cm chunks

250g asparagus bundle,
cut into 4cm lengths,
woody ends discarded

125g frozen peas

40g grated Parmesan or
Grana Padano, plus
extra to serve, (optional)

3 tbsp soft cheese

1 lemon, zested and
juiced (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Line a baking sheet with baking paper and lay the prosciutto slices on top.

2 Put most of the spring onions, the garlic and rice into a 3ltr (or larger) baking dish. Pour over 850ml stock, stir briefly, then cover with foil. Transfer to the oven with the prosciutto on the shelf above and bake for 10 mins or until the prosciutto is dark and crispy.

3 Remove the prosciutto from the oven and set aside. Stir the courgette and asparagus into the rice, then re-cover with the foil. Bake for another 15–20 mins until the rice is tender.

4 Stir in the peas. If the liquid has all been absorbed, re-cover with foil; otherwise leave it off. Return to the oven for 3–5 mins until the peas are cooked. Stir in the Parmesan, soft cheese and some black pepper, plus the remaining stock if it's looking dry.

5 Stir in lemon zest and juice to taste, if using. Break the crispy prosciutto into small pieces and scatter over the top with the remaining spring onions and extra grated Parmesan, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1642kJ 390kcal	10g	5g	5g	1.7g
20%	14%	26%	6%	28%

of the reference intake. See page 7.
Carbohydrate 57g Protein 17g Fibre 5g
2 of your 5-a-day; low in fat



Family time around the table

DRINK MATCH



Tesco Finest Monteforte Pinot Grigio, £8*, has rich, complex flavours of crisp pear, citrus and white stone fruits with a long, smooth finish.

*Price excludes Scotland and Wales
be.drinkaware.co.uk



For lazy mornings

SMOKED SALMON DUTCH BABY

Serves 4

Takes 20 mins

Cost per serve £1.51

CLEVER SWAP Use the free-from batter mix to make this gluten-free, and swap the salmon for crispy bacon if you prefer.

130g pack batter mix
7 medium eggs
15g fresh chives, snipped
25g grated Grana Padano
2 tbsp vegetable oil
100g smoked salmon
2 ripe avocados, sliced, (optional)
hot sauce, to serve (optional)
1 lime, ½ juiced, ½ cut into wedges (optional)

1 Preheat the oven to gas 9, 240°C, fan 220°C and put a large, ovenproof frying pan inside to heat up. Make up the batter with 3 of the eggs and 150ml cold water, following pack instructions, then whisk in the cheese and half the chives.

2 Carefully remove the pan and add half the oil; return to the oven for 3 mins. Pour in the batter and bake for 20 mins until puffed, golden and crisp.

3 Heat the remaining oil in a separate frying pan over a medium heat. Crack in the remaining 4 eggs and fry for 2-3 mins or until cooked to your liking.

4 Place the smoked salmon and sliced avocado, if using, in the middle of the pancake to serve family-style, if you like, or cut into wedges and divide between plates. Drizzle over the lime juice, top with the eggs, then scatter with the remaining chives and extra black pepper. Drizzle over hot sauce and serve with lime wedges, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1903kJ 455kcal	26g	5g	2g	1.7g
23%	37%	25%	2%	29%

of the reference intake. See page 7.
Carbohydrate 29g Protein 26g Fibre 2g

MINI LEMON & PASSION FRUIT TARTS

Makes 9  Takes 10 mins
Cost per serve 44p

120ml whipping cream
120g lemon curd
Tesco Finest all-butter
9 pastry tartlets
2 passion fruits, halved
1 lemon, zested
1 tbsp icing sugar, for
dusting

1 Lightly whip the cream in a bowl to soft peaks. Fold the lemon curd through the cream until gently rippled. Pipe or spoon the lemon cream into the pastry tartlets.

2 Scoop out the passion fruit seeds and pulp and spoon over the cream. Grate over the lemon zest and dust with icing sugar to serve.

Each tart contains

Energy	Fat	Saturates	Sugars	Salt
618kJ 147kcal	8g	5g	6g	0.1g
7%	11%	24%	7%	1%

of the reference intake. See page 7.
Carbohydrate 17g Protein 1g Fibre 1g

No-cook treat for afternoon tea

USE IT UP



WHIPPING CREAM

Add leftover whipping cream to porridge, soups, cheese sauces or mashed potato in place of milk.

GIVE ME MORE!

Scan this QR code to find lots more recipes to make for Mother's Day.





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SIMPLY CHILL, POUR & GARNISH



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THANKS A BUNCH

Bright bouquets and gardening gifts for a blooming marvellous Mother's Day



1 Cerise Kisses bouquet, £6 2 Seed Tin, £8.50
3 Gardener's Watering Can, £8 4 Novelty
Kalanchoe, £3 5 Tulips bouquet, £6



1 Paradise Punch bouquet, £15 2 Cotton Candy bouquet, £10 3 Herb Planter, £8 4 Plant Mum Double-sided Jigsaw Puzzle, £6 5 Plant Pot, Seeds and Candle Set, £10 6 Tequila Sunrise bouquet, £20



£10



5



£6

Why not try?

Put a copper penny in your vase – it will help kill bacteria to make your blooms last longer.



2

3

£8



6

Let's celebrate

Struggling to pick the perfect gift for Mother's Day?
Find the answer with a little help from Clubcard Reward Partners



1 SLICE OF THE ACTION

PizzaExpress serves up arguably some of the best pizzas in the country, as well as delicious baked pastas, fresh salads and, of course, its legendary Dough Balls. Great for an easy lunch or a fun evening out for the whole family.



2 CHOC ROCKS

Edible gifts are an excellent choice, particularly when they're chocolate. Choc on Choc offers sweet treats, from brownies and cupcakes to special selection trays, all handmade in Somerset. Perfect for posting.



3 TIME TO SHINE

Exchange your Clubcard vouchers for a Goldsmiths Reward Partner code then shop in your nearest Goldsmiths showroom for a beautiful gift your mum will love. It will be a present that brings lots of love and joy every time it's worn.



4 RICH HERITAGE

English Heritage looks after over 400 historical sites – gift a membership and you can plan days out at anything from a medieval castle to a Roman fort, or even a Cold War bunker. Great for family days out.



HOW IT WORKS

1 Collect points when you shop in store; 100 points turn into a £1 voucher to spend with Tesco or use your vouchers with a Reward Partner.

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ENGLISH
HERITAGE

Mum's the word

Make it personal this Mother's Day and gift a hamper filled with things you know she'll love



THINK INSIDE THE BOX

Lindt has been creating some of the world's finest chocolates since 1845 – so why not give Mum the best? **The Lindt Master Chocolatier Collection 320g, £15.50** (£4.84/100g), is an irresistible selection of creamy milk, intense dark and sweet white truffles.

TRUFFLE TREATS

Presented in their signature red box, and beautiful to give as a present, these melt-in-the-mouth **Lindt Lindor Milk Chocolate Truffles 337g, £9.50** (£2.82/100g), have an irresistibly smooth filling. Perfect for sharing, they're just the thing for a film night on the sofa.

GOLDEN TICKET

Crunchy and creamy, **Lindt Nuxor Milk Chocolate 165g, £7** (£4.24/100g), combines smooth milk chocolate with whole-roasted hazelnuts. Packaged in an attractive gold box, it makes a perfect gift, or an indulgent treat for yourself.

GIN IS THE THING

Smooth enough for a Martini cocktail and perfectly balanced for a classic G&T, a bottle of **Sipsmith London Dry Gin 70cl, £28.50*** (£40.71/1ltr), is sure to go down a treat with Mum. Its bold and aromatic notes might just make it her new favourite.

WITH LOVE

Put a smile on your mum's face with these gorgeous, affordable gifts, treats and keepsakes



QUIET MOMENTS

Everything you need to treat Mum to a wonderful breakfast

in bed. Pretty Floral Double Duvet Set, £15; Mum Cushion, £6; Wooden Tray, £6; Small Floral Roses in Glass, £4.50; Floral Loose-Leaf Teapot, £15

IN THE BAG

This reusable gift bag is fab for Mother's Day... and beyond.

Mother's Day Gift Bag Medium, £1



GRAB A CUPPA

Mum's favourite hot drink is even better in this **Blooming Lovely Premium Mug, £3.50**



Why not try?

If there's a rubber band around the stems of your bouquet, keep it there – it helps to fix your blooms in place.

Daisy Glass Vase, £7

Add a sweet personal touch to shop-bought cakes with these toppers

Cake Topper Set, £1.50



How to MAKE A GIFT BASKET

If you don't have a crate, get creative! A gift bag, box or even bowl can work just as well. Put big items at the back, fill gaps with shredded paper and scatter loose chocolates. **You're Lovely Scented Candle, £3.50; Leather Keyring, £2; Floral Plastic Water Bottle, £4; Reasons Why I Love You Cards & Stand, £4; Mum Mug, £2.50; Heart Slogan Mantle Block, £4**



Jamie's SEASONAL FAVOURITES

Looking for delicious and nutritious recipes that make the most of fresh veg? Jamie has you covered

My fresh, flavour-packed recipes will help you celebrate Mother's Day for less this month. Treat her to a family-friendly brunch, or if pasta is more her thing, whip up my quick, seasonal pasta dish. And my upside-down cake is a guaranteed winner with mums!



Scan this QR code to find Jamie's bonus recipe, Rhubarb upside-down cake.



DIY POCKET EGGY BREAD

Serves 2

Takes 20 mins

Cost per serve £1.38

- 4 spring onions
- olive oil
- 100g baby spinach
- 3 large eggs
- 200g unsliced wholemeal bread, ideally a little stale
- 30g cheese, such as Gruyère, Cheddar or Red Leicester
- 1 apple
- 50g mixed salad leaves
- ½ lemon
- English mustard, to serve (optional)

1 Trim and slice the spring onions, then put them in a large nonstick frying pan with a drizzle of oil over a medium heat. Cook for a couple of mins until softened, then throw in the spinach, turn off the heat, stir to wilt and remove to a plate to cool.

2 Meanwhile, whisk the eggs in a wide, shallow bowl and season with black pepper. Cut the bread into 2 slices just over 3cm thick, then cut a slit into the longest

side of each slice and wiggle your knife inside to make a pocket.

3 Once cooled, squeeze the excess water from the spinach, grate over the cheese, then finely chop; season with black pepper. Use your finger to stuff the cheese and spinach mix inside the pocket – be gentle so you don't tear it open. Lay the slices in the eggy mixture and gently squash the bread so it soaks up the beaten egg, turning to coat.

4 Put the frying pan back over a medium-low heat with 1 tsp oil, using kitchen paper to spread it around the pan. Place both slices of soaked bread in the pan alongside each other. Cook for 3–4 mins or until golden, then confidently flip over and cook for the same amount of time on the other side.

5 Meanwhile, core the apple and cut into slices (or grate it), then toss with the salad leaves and dress with a little olive oil and lemon juice. Serve with English mustard on the side, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1930kJ 462kcal	17.8g	6g	10.5g	1.5g
23%	25%	30%	12%	25%

of the reference intake. See page 7. Carbohydrate 46g Protein 27.7g Fibre 8g 2 of your 5-a-day and high in protein, which supports the maintenance of normal bones

*if using vegetarian cheese



*Easy
brunch*

‘Made with melting cheese and tasty spinach, this is where the toasted sandwich meets French toast! It’s totally moreish, yet fun and simple to make – great for getting the kids involved. Perfect for breakfast or brunch on Mother’s Day and beyond’



HERO VEG

HOW TO EAT: WATERCRESS

Not only does peppery watercress have a delicious punchy flavour, it's nutritious too! At its best in the spring, it's worth seeking out these vibrant green leaves to add a hit of fresh flavour to salads, or to wilt into risottos, soups and pasta dishes. With its herby notes, it works well whizzed into homemade pesto too.

- Look for perky, bright green leaves; avoid any stems that are wilted, bruised or broken.
- Store in the salad drawer of the fridge and use as soon as possible for the best flavour.
- Soak briefly in cold water to refresh wilted leaves.

THE GOOD STUFF

Watercress is high in vitamin K, which contributes to the maintenance of normal bones.



WIN

WE WANT TO SEE WHAT YOU'VE BEEN COOKING

For your chance to win a signed copy of Jamie's new book, *ONE*, plus an online class voucher for The Jamie Oliver Cookery School, share your version of one of Jamie's recipes from tes.co/jamieoliver on Instagram with #TescoandJamie and #TescoJamieChallenge. Opens 00:01 on 9 March 2023. Closes 23:55 on 5 April 2023. UK only, 18+. For full terms and conditions, visit tes.co/tescojamiechallenge.

SPRING WATERCRESS PASTA

Serves 2

Takes 30 mins

Cost per serve £1.52

1 small leek (about 200g)

2 garlic cloves

olive oil

150g dried pasta, such as farfalle

85g bag watercress

160g frozen peas

25g Parmesan or vegetarian alternative

1 lemon

1 Trim, wash and finely slice the leek; peel and finely slice the garlic. Put a frying pan over a medium-low heat with 1 tbsp olive oil, add the leeks, garlic and a splash of water, then cover and cook for 15–20 mins or until softened, stirring occasionally.

2 Meanwhile, with around 10 mins to go on the leeks, cook the pasta to pack instructions.

3 Put aside a couple of watercress sprigs to garnish and roughly chop the rest. Once the leeks have softened, stir in the frozen peas and season with black pepper. Cover and cook for 2–3 mins until tender, adding the chopped watercress for the last 1 min. Grate over half the Parmesan and squeeze over the juice of ½ a lemon; season.

4 Add the drained pasta along with a splash of the pasta cooking water and toss together. Pile into bowls and top with the reserved watercress. Serve with the remaining lemon cut into wedges on the side.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1981kJ 470kcal	13.6g	4.2g	6g	0.3g
24%	19%	21%	7%	5%

of the reference intake. See page 7. Carbohydrate 69.7g Protein 21.8g Fibre 6.4g 2 of your 5-a-day and a source of vitamin B1 (thiamin), which supports normal energy-yielding metabolism

'This is a punchy spring twist on a familiar favourite. Peppery watercress is bang in season and full of good stuff too! Combined with gorgeous leeks, lemon, peas and Parmesan, it's quick to cook and a complete joy to eat. Get stuck in!'

*Midweek
winner*

TIP

To add some crunch, whizz up stale bread into crumbs and toast in a pan with a drizzle of olive oil and some seasoning until golden and crunchy. Sprinkle over the finished pasta.

Discover the GOLDEN COLLECTION

New



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A CRACKING EASTER LUNCH

Spiced lamb wrapped in crispy filo and a hearty fish stew that's simple to make – introducing your new Easter classics

Easy starter with knockout flavours

Mozzarella &
orange salad p40





MOZZARELLA & ORANGE SALAD

Serves 6 as a side **V GF**

Takes 25 mins

Cost per serve 63p

1½ tsp coriander seeds, lightly crushed

1 tsp crushed chillies (optional)

3 tbsp extra-virgin olive oil

3 garlic cloves, thinly sliced

3 oranges, 1 zested

2 tbsp red wine vinegar

1 tsp clear honey

2 x 240g balls reduced-fat mozzarella, drained

8g each fresh mint and dill, leaves roughly chopped

1 Put the spices in a small heatproof bowl. Put the oil and garlic in a small saucepan and set over a medium-high heat for 2–3 mins until golden and crisp. Immediately pour over the spices, add the orange zest, season and set aside.

2 Trim the top and bottom from the oranges and pare away the peel, then slice the fruit into rounds. Whisk any excess juice from the pith and chopping board into the dressing with the vinegar and honey. To serve, roughly tear the mozzarella and arrange on a serving plate with the orange slices and herbs, spooning over the dressing.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
742kJ 178kcal	12g	4g	7g	0.3g
9%	17%	20%	8%	4%

of the reference intake. See page 7.
Carbohydrate 8g Protein 9g Fibre 2g
1 of your 5-a-day; high in protein

LAMB FILO SWIRL PIE

Serves 8 *****

Takes 1 hr 40 mins plus cooling and resting

Cost per serve £1.39

CLEVER SWAP Swap the pine nuts, raisins and sesame seeds for any nuts, dried fruit and seeds you have.

50g vegetable oil, plus 3 tbsp

500g pack 20% fat lamb mince

1 large onion, finely chopped

6 garlic cloves, crushed

1 tbsp baharat seasoning

50g raisins

50g pine nuts

2 tbsp tomato purée

100g bulgur wheat or couscous

100g lighter salad cheese

15g fresh mint, leaves roughly chopped, plus a few leaves to serve (optional)

50g natural yogurt

1 medium egg

250g pack filo pastry

2 tbsp sesame seeds

1 Heat 1 tbsp oil in a large, lidded frying pan over a medium-high heat. Add the lamb mince and fry, undisturbed, for 5–7 mins until deeply browned and crisp on one side. Reduce the heat to medium and flip the mince, breaking it up with a wooden spoon.

2 Add the onion and cook for 5–7 mins more until softened. Stir in the garlic, baharat, raisins, pine nuts, tomato purée and bulgur wheat. Add 300ml water, cover and simmer for 12–15 mins until the bulgur wheat is tender and the liquid has been absorbed. Leave to cool for 30 mins, then stir through the cheese and mint; season.

3 Preheat the oven to gas 6, 200°C, fan 180°C and grease a large baking tray (about 32 x 22cm) or wide frying pan (at least 26cm) with 2 tbsp oil. Whisk together the 50g vegetable oil, yogurt and egg. Lay a filo sheet lengthways on a clean work surface and brush generously with the yogurt glaze mix. Cover the remaining filo with a damp tea towel until needed.

4 Arrange a thin sausage of the filling (about 100–120g) along the top end of the pastry, leaving a 3–4cm border. Fold the border over the filling, then roll the sausage tightly towards yourself to encase the filling. Wrap up like a snail, seam-side down, in the centre of the prepared tray and brush with more yogurt glaze. Repeat with more filo sheets (you'll need 9–10 in total) and the remaining filling, attaching each to the end of the spiral as you go.

5 Brush the spiral with any leftover glaze and sprinkle evenly with sesame seeds. Bake for 40–45 mins until the pastry is crisp and golden brown. Leave to rest for 10 mins before serving, scattered with extra mint, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2120kJ 510kcal	32g	9g	8g	0.8g
26%	46%	43%	9%	13%

of the reference intake. See page 7.
Carbohydrate 32g Protein 21g Fibre 4g

Cheaper way to serve lamb



£1.39
per serve

DRINK MATCH



Tesco Finest Viña del Cura Rioja, £9*, is a rich wine with an intensely concentrated flavour of raspberry, plus layers of oak and spice.

*Price excludes Scotland and Wales
be.drinkaware.co.uk



MIDDLE EASTERN RICE 'CAKE' (MAQLUBA)

Serves 6   

Takes 1 hr 40 mins plus
soaking and resting

Cost per serve £1.27

LOW ENERGY To fry the veg in an air-fryer, brush the aubergine and toss the cauliflower with oil; air-fry for 10-15 mins at 180°C.

300g basmati rice
700g aubergines, cut into
1cm-thick slices
200g vine tomatoes,
sliced widthways
3 tbsp vegetable oil, plus
2 tbsp
1 medium cauliflower,
broken into florets,
stalk diced, smaller
leaves reserved
2 onions, finely sliced
8 garlic cloves, bashed
and halved
1 tsp ground turmeric
1 tsp mixed spice
2 small cinnamon sticks
6 dried bay leaves
1 vegetable stock pot,
made up to 800ml
40g pomegranate seeds
soya yogurt-alternative
and lemon wedges,
to serve (optional)

1 Rinse the rice, add to a bowl and cover with water; soak for 30 mins. Put the aubergine and tomato on a baking tray and sprinkle both sides with a little salt; set aside for 10 mins.

2 Preheat the oven to gas 6, 200°C, fan 180°C. Pat the aubergine dry, then transfer to a roasting dish with the cauliflower; toss with 2 tbsp oil. Roast for 20 mins, stirring halfway, until tender and lightly golden.

3 Meanwhile, heat 1 tbsp oil in a large casserole or lidded saucepan over a medium heat. Fry the onion and garlic for 6-8 mins, stirring often, until starting to caramelize. Transfer to a plate and wipe out the pan, then brush the pan with a little oil.

4 Arrange the aubergine over the pan's base and top with the tomatoes, cauliflower and onion, seasoning each layer as you go. Add the spices to the stock. Drain the rice, rinse again and add to the pan. Pour in the stock and stir the surface; the water should be just below the top of the rice.

5 Wrap the inside of the pan lid with foil, cover, then bring to the boil and bubble for

5 mins. Reduce the heat to low, then cook for 20 mins or until the rice is tender and all the water has been absorbed. If it hasn't, cook for another 10 mins. When it's ready, remove from the heat and leave to rest with the lid on for 15 mins.

6 To serve, place a large platter on top of the pan, then quickly and confidently flip over (or simply serve scooped out, if you're not feeling brave). Leave to sit for 3-4 mins before lifting off the pan. Scatter with the pomegranate seeds and serve with yogurt-alternative and lemon wedges alongside, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1501kJ 357kcal	10g	1g	12g	0.7g
18%	14%	5%	13%	12%

of the reference intake. See page 7.
Carbohydrate 53g Protein 9g Fibre 8g
2 of your 5-a-day; source of fibre

↖ **£1.27**
per serve



Impressive vegan centrepiece

GREEK-STYLE FISH STEW

Serves 4 **DF** **GF**

Takes 1 hr

Cost per serve £1.74

LOW ENERGY You can make this in a slow-cooker: add all the ingredients apart from the celery and parsley leaves, fish and lemon; cook on high for 45 mins-1 hr. Add the fish and lemon and cook for another 15-20 mins.

2 tbsp olive oil, plus extra to drizzle (optional)

1 large onion, finely chopped

1 carrot, peeled and finely chopped

2 celery sticks, finely chopped, any leaves roughly chopped

4 garlic cloves, finely sliced

500g pack tomatoes on the vine

15g fresh flat-leaf parsley, stalks finely chopped, leaves roughly chopped

500g baking potatoes, peeled and cut into 2cm chunks

500g pack frozen hake fillets

1 lemon, zested and cut into 6 wedges

crusty bread, to serve (optional)

1 Heat the oil in a flameproof casserole dish or large, lidded saucepan over a medium heat and fry the onion, carrot, celery and garlic for 12-15 mins until softened. Meanwhile, halve the tomatoes widthways and coarsely grate using a box grater set over a bowl (discard the skin). Add to the pan with the parsley stalks, potatoes and 250ml water.

2 Season well, partially cover the pan and bring to a brisk simmer. Cook for 20 mins, stirring occasionally, or until thickened slightly and the potatoes are tender.

3 Add the frozen fish, cover and return to a simmer. Cook for 10-15 mins or until the fish flakes. Stir in the lemon zest and the juice of 2 lemon wedges, gently breaking up the fish a little with the spoon. Scatter with the celery and parsley leaves. Drizzle with a little more oil and serve with crusty bread, if you like, and the remaining lemon wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1327kJ 315kcal	9g	1g	10g	0.6g
16%	13%	7%	11%	10%



of the reference intake. See page 7.
Carbohydrate 31g Protein 24g Fibre 6g
2 of your 5-a-day; high in protein





Make frozen fish special



SALT-CRUSTED POTATOES WITH GREEN SAUCE

Serves 6 as a side  

  freeze sauce only

Takes 1 hr

Cost per serve 53p

CLEVER SWAP Swap half the parsley for any other soft herb.

1kg baby potatoes, scrubbed clean
2 tsp fine salt

For the green sauce

2 x 30g packs fresh flat-leaf parsley
2 garlic cloves, roughly chopped
1 green chilli, deseeded
1 lemon, zested, ½ juiced
3 tbsp extra-virgin olive oil

1 Put the potatoes in a wide, lidded saucepan in a single layer. Scatter with the salt and pour over 750ml cold water so they're just covered. Cover and bring to a rapid boil, then uncover and bubble over a medium-high heat for 40–50 mins until the liquid has evaporated. Reduce the heat and cook for a few mins more, turning, until coated in a thin white crust.
2 Meanwhile, blitz the sauce ingredients in a food processor with 2 tbsp water to make a thick but pourable sauce; season. Spoon over the potatoes.

Each serving contains




Energy	Fat	Saturates	Sugars	Salt
810kJ 192kcal	8g	1g	3g	1.1g
10%	11%	6%	3%	18%

of the reference intake. See page 7.
Carbohydrate 26g Protein 4g Fibre 3g
Source of vitamin C; low in saturated fat



Everyday ingredients with wow-factor

TOMATO-BRAISED GREEN BEANS

Serves 8 as a side   

Takes 45 mins

Cost per serve 61p

2 tbsp olive oil
1 large onion, finely chopped

8 garlic cloves, bashed and halved
½ tsp ground cinnamon (optional)
2 x 400g tins finely chopped tomatoes
4 x 220g packs Redmere Farms green beans, trimmed

1 Heat the oil in a large, wide frying pan over a medium-high heat. Fry the onion and garlic for 4–5 mins until softening. Toss through the green beans and cook for 3–4 mins more until bright green and starting to blister in places.
2 Add the cinnamon (if using) and tinned tomatoes. Bring to a brisk bubble and braise over a medium heat for 30–40 mins, stirring occasionally, or until the beans are very tender and the sauce has reduced to just coat them.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
438kJ 105kcal	4g	1g	8g	<1g
5%	6%	3%	9%	1%

of the reference intake. See page 7.
Carbohydrate 10g Protein 4g Fibre 5g
2 of your 5-a-day; high in fibre; low in fat



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CHEERS!

Brilliant bottles to match every moment of your Easter celebration... The best part? They're all under £8

SERVE WITH LAMB

This Bulgarian bottle is everything you'd want from an Easter red: smooth, medium-bodied and an ideal match for lamb. And for under a fiver, it's great value too. **Zlato Valley Merlot**, £4.75

GREAT GIFTING

This striking bottle looks like you've spent much more than you have. Match the red berry flavours of **Caves des Roches Coteaux d'Aix en Provence**, £7.50, with salads and lighter dishes.

GO LOW

For bubbles without a fuzzy head the next day, try **Low Alcohol Sparkling White Wine**, £3.50. Made from Spanish Sauvignon Blanc grapes, this has citrus flavours and pairs well with chicken.

FOR FISH

You'll find notes of blossom and green apple in this **Tesco Finest Côtes de Gascogne**, £6.50, a dry and crisp wine that would perfectly complement an Easter fish dish.



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HOME FOR EASTER

From the front door to your Easter table, dressing your home for the holidays needn't cost a lot



CATHERINE
WATRUS
Design manager
at Tesco

Catherine shares her favourite buys in Tesco's Easter range...

Dressing your home for different occasions is a huge trend coming over from America. What better way to welcome your guests for Easter than with a springtime door wreath, which can be used again and again. Simply update it with a few different seasonal decorations each time!



Spring Door
Wreath, £15



Flocked Rabbit large, £4
Happy Easter Floral Bunny Sign, £7

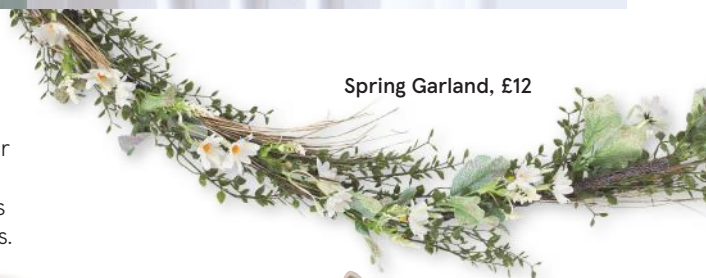


Our beautiful in-house, hand-painted illustrations have a childlike nostalgia – they're inspired by the celebratory, playful side of Easter

HOP TO IT

Step aside spring chickens, it's the year of the rabbit! Add these spring touches for instant hoppiness.

Spring Garland, £12



Shaped Bunny Mug, £4



Easter Bunny Stop Here Sign, £3



- 1 Easter Crackers 6-pack, £3.50
2 Floral Bunnies Mug, £2.50
3 Daisy Hi-ball Glass, £1
4 Nova Porcelain Egg
Cup 4-Pack, £3
5 Fox & Ivy Arizona 12-piece
dinner set, £40



SHOPPING

My favourite part of the range is the kids' Easter celebration table, which adds joy and fun to the holiday. Keep little ones entertained with the addition of costume kits to inspire springtime play!



Carrot
Dress-up
Kit, £5



Lamb
Dress-up Kit,
£5



- 1 100% Recycled Plastic Buckets
Assorted Colours, £1
- 2 Easter Recycled Fillable Eggs
5-pack, £1.25
- 3 Easter Egg & Spoon Race Kit,
£2.50

Milk & White Egg Hunt Kit, £6



*Why
not try?*

The fillable eggs
(above) don't
have to be
stuffed with
chocolate - you
could put puzzle
pieces (to make a
bigger picture)
inside instead.



Easter Colouring Book, £1.50

Easter
Colour-Your-
Own-Bag,
£3





New

Bring out more
Purrs



*Study conducted by Mars Petcare, UK 2021. © 2023 Mars or Affiliates.

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Available at **TESCO**

SO SWEET!

Have fun pulling the wool over their eyes with these Easter treats that look really professional... but are so simple to make

Decorate ready-made biscuits

Easter lamb
cookies p58



No cooking required!

59p
per serve

Lemon &
passion fruit
Charlotte p58

GIVE ME MORE!

Scan this QR code to
find 10 Easter
bakes to
make with
your kids.



Hot cross bun
French toast
p58



French toast hot cross buns, anyone?



EASTER LAMB COOKIES

Makes 10

Takes 20 mins

Cost per serve 26p

200g pack chunky chocolate cookies
75g vanilla flavour frosting
100g ready-to-roll black or brown icing
50g mini marshmallows

1 Lay the biscuits upside down on a tray and spread with the frosting. Use the icing to make faces and ears for each one, then press onto the biscuits using the frosting as a glue.

2 Finely chop a mini marshmallow and use 2 pieces per biscuit for the eyes, then use a little more icing for the pupils. Surround the face and ears with mini marshmallows as the body.

Each cookie contains

Energy	Fat	Saturates	Sugars	Salt
800kJ 191kcal	7g	4g	23g	0.2g
10%	10%	18%	25%	3%

of the reference intake. See page 7.
Carbohydrate 30g Protein 2g Fibre 1g

HOT CROSS BUN FRENCH TOAST

Serves 6

Takes 10 mins

Cost per serve 46p

LOW ENERGY This recipe uses an air-fryer. To cook on the hob, spritz a nonstick frying pan with spray oil. Over a medium heat, cook the coated buns for 3-4 mins each side until golden.

spray oil, for greasing
2 medium eggs
50ml whole milk
½ tsp almond or vanilla extract
¼ tsp each ground cinnamon and mixed spice
¼ tsp ground nutmeg
6-pack hot cross buns
100g bar classic 74% dark chocolate
icing sugar, for dusting (optional)

1 Preheat the air-fryer for 2 mins to 180°C and grease the basket with 2-3 sprays of oil. In a shallow bowl, whisk together the eggs, milk, almond extract and spices.

2 Carefully dip the hot cross buns into the custard with tongs, coating all over, then transfer to the air-fryer for 5 mins before flipping and cooking for another 2 mins.

3 Meanwhile, heat the chocolate in a heatproof bowl in the microwave for 2 mins in 30-sec bursts until melted. Dust the hot cross buns with a little icing sugar, if you like, then serve with the melted chocolate for dipping.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1266kJ 302kcal	11g	5g	17g	0.4g
15%	15%	27%	19%	7%

of the reference intake. See page 7.
Carbohydrate 39g Protein 10g Fibre 5g
Source of fibre; source of protein

LEMON & PASSION FRUIT CHARLOTTE

Serves 12

Takes 20 mins plus 9 hrs setting

Cost per serve 59p

2 x 23g packs orange or lemon & lime jelly crystals
2 tbsp Tesco Finest Alphonso mango & passion fruit coulis
10 tbsp elderflower cordial (about 160ml)
170g sponge fingers
300ml whipping cream
5 passion fruits, halved, pulp and seeds removed from 4

1 Put the jelly crystals in a heatproof bowl and make up to pack instructions. Chill in the fridge for 3-4 hrs until set.
2 Stir half the coulis into the cordial and transfer to a shallow dish.
3 Line the bottom of a 20cm loose-bottomed cake tin. Dip the sponge fingers (about 26 or 27 fingers) into the elderflower mix, then use to line the sides of the tin.
4 Use an electric whisk to whip half the cream to soft peaks, then spoon in the jelly and whisk for 30 secs to combine. Spoon into the tin and chill for at least 6 hrs before serving.

5 To serve, whip the remaining cream to soft peaks and spoon on top. Swirl over the remaining coulis and top with the passion fruit halves, pulp and seeds.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
849kJ 203kcal	11g	6g	21g	0.1g
10%	15%	32%	23%	2%

of the reference intake. See page 7.
Carbohydrate 25g Protein 3g Fibre 1g

CHOCOLATE ORANGE HOT CROSS BUN TRIFLE

Serves 14

Takes 15 mins

Cost per serve 86p

MAKE AHEAD Assemble the trifle the night before, then top with hot cross bun lids and orange segments and zest to serve.

6 Tesco Finest chocolate and salted caramel hot cross buns
170g Tesco Finest three-fruit marmalade
2 x 500g packs fresh custard
300ml pot whipping cream
4 large oranges, zested and segmented
3 tbsp caster sugar
½ tsp ground cinnamon
4 tbsp chocolate flavour sauce

1 Split the hot cross buns in half. Tear the bottom halves and two of the top halves into chunks and keep the remaining tops whole; set aside. Heat the marmalade in the microwave for 30-60 secs to loosen, then leave to cool until just warm to touch. Stir into the custard. Whip the cream to soft peaks with most of the orange zest.
2 Put the caster sugar and cinnamon in a small saucepan with 3 tbsp water. Heat gently for 4-6 mins until syrupy, swirling the pan occasionally (don't stir).
3 Line a 3-4ltr trifle dish with the torn hot cross buns, then spoon over half the marmalade custard. Add a layer of orange segments (reserving a quarter to serve), then top with two-thirds of the cream and spoon over 3 tbsp chocolate sauce. Top with the remaining custard and cream; drizzle with the remaining chocolate sauce.
4 Brush the bun tops with the cinnamon syrup, then place on top of the trifle with the remaining orange segments. Scatter over the remaining orange zest to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1586kJ 378kcal	16g	10g	35g	0.5g
19%	23%	49%	39%	8%

of the reference intake. See page 7.
Carbohydrate 51g Protein 6g Fibre 3g

A booze-free show-stopper that's ready in just 20 minutes





Chocolate orange
hot cross bun trifle



Takes just 5 minutes

ETON MESS EASTER SHARING EGGS

Serves 4  

Takes 5 mins

Cost per serve £1.81

1 medium dark chocolate Easter egg

4 tbsp raspberry jam

200g reduced-fat soft cheese

100ml whipping cream, whipped

1 meringue nest

1 tbsp strawberry-infused apple pieces, or freeze-dried strawberries

Carefully halve the Easter egg; run a knife under hot water, pat dry, then press into the join of the egg to separate. Mix 3 tbsp jam into the soft cheese, then fold in the whipped cream; spoon into the egg halves. Crumble over the meringue nests and sprinkle with the apple pieces or strawberries, then finish with the remaining jam. Half an egg serves two.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1530kJ 367kcal	26g	16g	20g	0.3g
18%	37%	81%	23%	4%

of the reference intake. See page 7.
Carbohydrate 26g Protein 7g Fibre 3g

*Cover
recipe*

Decorate your egg using any toppings you want.

nutella[®]

biscuits

**love
to
share**



Crunchy biscuits with a
creamy heart of Nutella[®]



Too good to waste

Thrifty tips to save money and reduce food waste over Easter

USE IT UP

Speedy ideas for using up leftover ingredients from the recipes in this issue

SPRING ONIONS

The green tops are often discarded, but these are also edible. Cut and use to garnish stir-fries, or mix into butter to make a tasty spread.

WHOLEWHEAT COUSCOUS

Cook and use to 'bread' meat and fish instead of breadcrumbs, to create an alternative to fish fingers or chicken schnitzel.

ORANGES

Did you know that you can freeze oranges whole? Defrost overnight and use to make juices or smoothies. Don't bin the peel – add to brown sugar to help stop clumping, or grate to season dishes in place of salt.

NATURAL YOGURT

Swirl leftover yogurt through curries to add creaminess, or

serve with cereal in place of milk. For a make-ahead snack, try frozen yogurt bites: sprinkle granola into ice cube trays, top with yogurt and berries, then freeze until solid. Find the full recipe at tes.co/yogurtbites.



FENNEL SEEDS

Stored in a cool, dry place out of direct sunlight, fennel seeds will last for a year. Grind down and use to season fish, or

toast with cumin seeds and black mustard seeds to create a spice base for curries.



SHALLOTS

Leftover shallots from the Braised spring greens with bacon (p21) can be swapped into recipes where you would usually use onions. To freeze shallots, peel and slice, then dry-freeze on a tray, transferring to a freezer bag once solid. No need to thaw them before cooking.

EASTER EGG ADMIN

Boxes Use cardboard boxes for mulching – lay under grass clippings to improve soil conditions and prevent weeds*.

Plastic shell If this has a PET 1 mark (looks like the recycling triangle with a '1' inside), then it is recyclable.



Wrappers and plastic windows These are currently unrecyclable – look for packaging that has minimal plastic.

Foil To recycle, rinse and scrunch into a large ball (small amounts won't be picked up by machines).

FRIDGE-RAID FEASTS

Turn your leftovers into midweek fajitas. Here's how...

1 The veg Bright and colourful works best: try peppers, red onions, mushrooms, tomatoes or tinned sweetcorn.

2 The base Tortilla wraps are traditional, but try roti, large lettuce leaves or even pittas.

3 The toppings Salsa and soured cream are the standard, but if you don't have those, top with grated cheese, avocado, lime juice, fresh coriander or sliced chillies.

4 The protein Forage in your fridge for tofu, prawns or chicken. Storecupboard staples, like black beans or tinned jackfruit, work here too.

5 The spice Make your own seasoning: mix equal quantities of chilli powder, smoked paprika and ground cumin with garlic granules, dried coriander, oregano, and a pinch of cinnamon.

How to...

GET MORE
OUT OF EGGS



STORE

Eggs will last longer in the fridge** – you can use a Fridge Egg Storage Tray, £4, so they take up less space and won't topple over. If you're baking, bring the eggs to room temperature an hour before you need to use them.

TEST

Use the Best Before date stamped on the egg's shell to check for freshness. Eggs are still safe to eat for a couple of days after that if you cook them well.

FREEZE



If you're not going to use them up in time, eggs can also be frozen: beat, pour into a muffin tin hole, then freeze. Thaw before adding to bakes or scrambling.





LEFTOVER ROAST LAMB

CHEAT'S LAMB MOUSSAKA

Serves 4  

Takes 45 mins plus resting

Cost per serve £2.19

CLEVER SWAP Skip step 2 and instead use sliced leftover roast potatoes.

500g jar onion & garlic pasta sauce
300g leftover roast lamb, finely chopped
2 tsp mixed spice
1 tbsp olive oil
500g potatoes, peeled or scrubbed, sliced 1cm thick
350g frozen Mediterranean-style chargrilled vegetables
200ml light crème fraîche
80g Cheddar, grated
2 tbsp milk
pinch of nutmeg (optional)

- 1 Put the pasta sauce, lamb and mixed spice in a large saucepan. Simmer over a low-medium heat for 10–15 mins until thickened and heated through. Season to taste; remove from the heat.
- 2 Meanwhile, heat the oil in a large, lidded frying pan over a low-medium heat and add the potatoes in a single layer. Cover and cook for 4 mins each side until lightly browned and almost fully tender. Drain on kitchen paper and set aside. Preheat the oven to gas 6, 200°C, fan 180°C.
- 3 Add the frozen vegetables to the empty potato pan over a medium heat. Cook for 5 mins, stirring occasionally, until fully defrosted and starting to soften.
- 4 Layer the potatoes in a 20 x 30cm baking dish, then top with the vegetables and lamb sauce. Mix together the crème fraîche, cheese, milk and nutmeg (if using); season with black pepper. Spread over the lamb mixture to cover. Bake for 30 mins or until bubbling, then grill on medium for 3–5 mins to brown the top. Leave to rest for 15 mins before serving.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2260kJ 543kcal	30g	15g	14g	1.6g
27%	43%	73%	16%	26%

of the reference intake. See page 7.
Carbohydrate 38g Protein 26g Fibre 7g

7k
TONNES

of lamb are
thrown away in
the UK each year*

PLAN AHEAD

You may need a smaller joint than you think – a boneless portion is roughly 150g per person (or 275g for bone-in meat) – therefore a 1.5kg joint would serve four, with a little left over.

MAKE IT LAST

Store leftover cooked meat in a sealed container in the fridge for up to two days, or freeze for up to three months.

LEFTOVER ROAST POTATOES

BOMBAY POTATOES

Serves 2 as a side



Takes 20 mins

Cost per serve 49p

CLEVER SWAP Swap the red onion for any kind you have, and skip the garlic and ginger, if you prefer. Swap the spices for what you have in: ground cumin, coriander, paprika, fennel seeds or curry powder will work.

- ½ tbsp sunflower oil
- 1 tsp each cumin seeds and mustard seeds
- ½ red onion, thinly sliced
- ½ tsp crushed chillies
- 2 garlic cloves, finely sliced
- 2.5cm piece ginger, grated
- 250g leftover roast potatoes
- ½ tsp each ground turmeric and garam masala
- 100g tomatoes, cut into thin wedges
- 5g fresh coriander, stems finely chopped, leaves roughly chopped (optional)
- 1 mild red or green chilli, sliced (optional)

1 Heat the oil in a large, lidded frying pan over a medium heat. Add the cumin and mustard seeds and cook for 1 min or until they start to pop. Add the onion and crushed chillies and cook for 5 mins until softened and starting to brown. Reduce the heat to low, stir through the garlic and ginger, and cook for a further 2-3 mins, stirring, until the garlic is just starting to crisp.

2 Reduce the heat to low-medium, add the potatoes and stir to coat in the onion mix. Add the turmeric, garam masala and 4 tbsp water; stir again to coat. Scatter over the tomato wedges and coriander stalks; season. Cover and cook for 10 mins, stirring once to stop it sticking, until everything is piping hot. Scatter with coriander leaves and chilli, if using, to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1034kJ 246kcal	7g	1g	4g	0.7g
12%	10%	4%	4%	12%

of the reference intake. See page 7.
Carbohydrate 39g Protein 4g Fibre 5g
Source of fibre, vitamin E and vitamin C



**710k
TONNES**

of potatoes are
wasted each
year in the UK*

STORE THEM RIGHT

It was previously advised to store potatoes in the cupboard, but new research shows they can last up to three times longer in the fridge.

MAKE THEM LAST

As potatoes age, they develop sprouts – the spud is fine to eat as long as you discard any green parts. If freezing, parboil first, then roast from frozen.





**96k
TONNES**

of carrots are
wasted each
year in the UK**

**STORE THEM
RIGHT**

Keep them loose or in a perforated bag (the holes prevent condensation building up) in the veg drawer of your fridge.

MAKE THEM LAST

Help limp carrots get their snap back by submerging in iced water for 15 minutes. Scrub before use, but there's no need to peel.

LEFTOVER VEG

SPICED VEG SLAW

Serves 4 as a side



Takes 20 mins

Cost per serve 33p

CLEVER SWAP This slaw is super-flexible – try using kale, Savoy cabbage, sprouts, fennel, celery, celeriac, beetroot, courgette, white or red onion, or apple.

100g each red and white cabbage, core removed, thinly shredded

- 1 carrot, scrubbed and coarsely grated
- 3 spring onions, sliced
- 25g sugar
- 15g coarse sea salt
- 40g radishes, thinly sliced
- 40g sugarsnap peas, trimmed and sliced
- 40g mayonnaise or Greek yogurt
- 2 tsp white wine or apple cider vinegar
- 1 tbsp Dijon mustard
- 2 tsp baharat seasoning
- 10g fresh mint, leaves picked and roughly chopped

- 1 Put the cabbage and carrot in a colander and toss with the sugar and salt. Set aside in the sink for 5 mins to draw the moisture out, then rinse well under cold water. Gently spin dry in a salad spinner or pat dry with kitchen paper.
- 2 Meanwhile, whisk together the mayonnaise or yogurt, vinegar, mustard and baharat seasoning; season well with black pepper.
- 3 Put the cabbage and carrot in a bowl with the spring onions, radishes and peas. Mix the dressing through along with the mint. Will keep in the fridge for 3–5 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
484kJ 117kcal	8g	1g	6g	0.9g
6%	12%	4%	7%	15%

of the reference intake. See page 7. Carbohydrate 7g Protein 2g Fibre 4g 1 of your 5-a-day; high in fibre



**EAT THEM
TO DEFEAT THEM**

Tesco is proud to sponsor **Eat Them to Defeat Them** – a nationwide campaign to encourage kids to up their veg intake. Head over to eatthemtodefeatthem.com for more info.

3 WAYS TO USE UP EASTER FEASTS

1. CHICKEN Mix with bacon and cream cheese for a speedy pasta dinner, or add it to salads and sandwiches.

2. SALMON Make this the star of your dish by mixing with scrambled eggs,

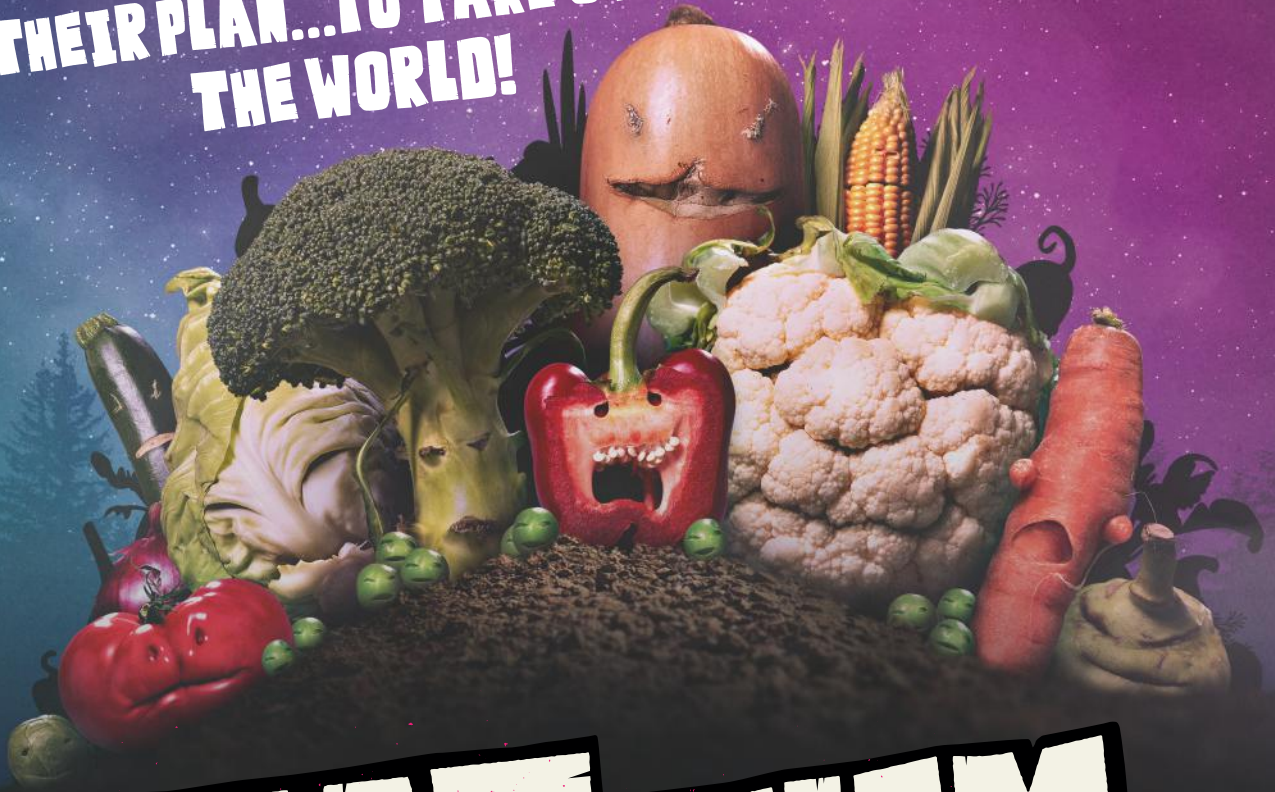
scatter over crumpets or stir with rice and eggs as kedgeree.

3. BEEF For a quick and easy bite, stir into instant noodles, then top with spring onions and a fried egg, or add to curries.

80%
of children

don't eat enough
vegetables***

THEY COME FROM
DEEP UNDERGROUND,
THEIR PLAN...TO TAKE OVER
THE WORLD!



EAT THEM
TO DEFEAT THEM

#EATTHEMTODEFEATTHEM



Good eggs

Have an eggs-tra special Easter with these tasty chocolate gifts



- 1 Toblerone The Edgy Egg Milk Chocolate Easter Egg 298g, £12 (£4.03/100g)
 - 2 Lindt Gold Bunny Strawberry White Chocolate 100g, £2.75
 - 3 KitKat Chunky Biscoff Milk Chocolate Egg 274.5g, £5 (£1.82/100g)
 - 4 Reese's Milk Chocolate Egg 232g, £5 (£2.16/100g)
 - 5 Cadbury Mini Eggs Bar 360g, £3.50 (97p/100g)
- Look out for Clubcard Prices in store*.

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STAR LETTER

Email or write and we'll choose a Star Letter* to win a £50 giftcard**

With a one-year-old and two vegetarians (one of whom is diabetic) to cook for, finding a meal where I only have to cook once is rare. Muttar paneer cottage pie (January) was great for all of us: nutritious, low-carb, full of flavour and budget-friendly too. My little girl tucked in very keenly! **Cerys, via email**



Chocolate orange tart (December): thanks, Tesco magazine! **@Fernoface**



THINK TWICE

I loved your article *If You Make One Change...* (January) as I'm always tempted to reach for the tea or coffee when it's wintry. But thanks to your tips on how much caffeine is in certain drinks, I can now curb my intake and feel better in the future!

Sandra, via email



Your creations (tag #TescoMagazine for a chance to be featured)



@the_little_adventure_boys

To celebrate Burns Night the boys didn't fancy trying haggis, so we opted for a sweet option... obviously! Cranachan flapjacks (January): a kid-friendly take on a classic!

@truly_scrumptious_by_michelle

You have to try this Gingerbread cheesecake (tesco.com/recipes)! I made it and it went down a real storm.



Most-liked feature

You loved our budget-friendly tips in 35 Ways to Save (January). Denise, via email, said: 'Just finished reading the January edition and this guide was genius!'. Diane, via email, wrote: 'I thought I was pretty clued up about money-saving ideas but your January magazine provided great tips I've never come across before.'



Please note social posts, emails and letters may be edited for length and clarity

*The Star Letter will be chosen from emails and post received, and published in either the print or digital format of the magazine (tes.co/tescomagazine), or both; send entries to tesco.mag@cedarcom.co.uk or Tesco magazine, Cedar Communications Limited, Bankside 3, 90-100 Southwark St, London SE1 0SW. Letters may be edited for length and clarity. **Open to UK residents, 18+. Normal exclusions apply. Send your entry to arrive by 23:55 on 4 April 2023 for a chance to win one £50 giftcard to use in Tesco. You can buy Tesco products at any UK Tesco store with your giftcard. It's also redeemable at tesco.com where the giftcard payment option is available at the online checkout. Giftcards cannot be exchanged for cash/credit. The card and balance will expire five years after last use or by 4 April 2028. Making a purchase refreshes the five-year expiry period. Giftcards are valuable and should be treated like cash; if lost, they cannot be replaced. Damaged, altered or cancelled cards will not be accepted.

New

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1



2



3



4



5

Tried it, liked it



Our tester this month is Lauren, a school business manager who lives with her husband and two children. 'Time in the evening is often limited, so having good-value, easy meals planned is a godsend,' she said.

GET INVOLVED

Want to test one of our family dinner meal plans for four?
Email tesco.mag@cedarcom.co.uk for your chance.

*I'm always
craving meal
inspiration,
and really
enjoyed trying
some new tricks
and techniques*

SPICED SWEET POTATO SOUP

Serves 4   

soup only

Takes 45 mins

LOW ENERGY Make it in a slow-cooker: cook on low for 2½–3 hrs until the sweet potato is very tender.

- 3 tbsp olive oil
- 1 large or 2 small red onions, chopped
- 1 carrot, scrubbed and chopped
- 15g ginger, finely grated
- 2 garlic cloves, crushed
- 2½ tsp ground cumin
- 500g sweet potatoes, peeled and cut into 1cm pieces
- 1 vegetable stock pot, made up to 650ml
- 1 orange, juiced
- 400g chickpeas, drained and patted dry
- 1 tsp fennel seeds
- 2 spring onions, sliced
- ½ crusty cob, sliced

1 Heat 1 tbsp oil in a large, lidded saucepan over a medium heat and fry the onions and carrot for 5 mins. Add the ginger, garlic and 2 tsp cumin; fry for another 2 mins or until softened and lightly golden. Stir in the sweet potatoes and cook for 2–3 mins until coated in the spiced oil and starting to soften.

2 Add the stock and orange juice; season to taste. Bring to the boil, then simmer, covered, for 15–20 mins until the sweet potato is very soft. Blitz with a stick blender until smooth.

3 Meanwhile, heat the remaining oil in a frying pan over a medium-high heat and add the chickpeas, remaining cumin and the fennel seeds; stir until coated. Fry for 6–8 mins until crisp.

4 Divide the soup between warmed bowls and scatter over the crispy chickpeas along with a drizzle of the spiced oil. Scatter with the spring onions and then serve with the crusty bread.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1987kJ 473kcal	15g	2g	16g	1.6g
24%	21%	11%	17%	26%

of the reference intake. See page 7.
Carbohydrate 68g Protein 12g Fibre 12g



A big win with the children! The salad was a great accompaniment



CHEESY TUNA MELT WEDGES

Serves 4 

Takes 55 mins

- 500g sweet potatoes, scrubbed and cut into wedges
- 2 tbsp olive oil
- 2 x 145g tins tuna, drained

- 325g tin sweetcorn, drained
- 3 spring onions, sliced
- 125g grated lighter Cheddar
- 1 lemon, juiced
- 1 butterhead lettuce, shredded
- 1 carrot, scrubbed and peeled into ribbons
- 1 small or ½ large red onion, finely sliced

1 Preheat the oven to gas 7, 220°C, fan 200°C. Tip the sweet potato into a shallow roasting tin, drizzle over 1 tbsp oil, season and toss to coat. Spread out in a single layer and roast for 30–35 mins, turning halfway through, until golden and crisp.

2 Mix the tuna, sweetcorn and most of the spring onions in a bowl; season well. Arrange the wedges in the centre of the tin and spoon over the tuna mix. Scatter over the cheese and bake for a further 6–8 mins until the cheese is golden and bubbling.



3 Whisk the remaining 1 tbsp oil, the lemon juice and some seasoning in a bowl. Add the lettuce, carrot and red onion, and toss well. Scatter the reserved spring onions over the wedges and serve with the salad.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1867kJ 445kcal	17g	6g	13g	1.8g
22%	24%	29%	14%	30%

of the reference intake. See page 7.
Carbohydrate 44g Protein 26g Fibre 8g
3 of your 5-a-day; high in protein; source of fibre

CRISPY GNOCCHI, BROCCOLI & CHEESE BAKE

Serves 4  

Takes 30 mins

1 tbsp olive oil

500g pack gnocchi

½ head of broccoli, cut into florets

½ sweetheart cabbage, sliced

300g frozen peas

25g plain flour

400ml skimmed milk

1 lemon, zested

90g Free From green pesto

100g grated lighter Cheddar

1 Heat the oil in a large frying pan over a medium-high heat. Add the gnocchi and fry for 6–8 mins, stirring regularly, until golden brown and crisp. Remove from the heat.

2 Meanwhile, cook the broccoli and cabbage for 5 mins in a pan of simmering water, then add the peas and cook for another 2 mins. Drain well.

3 Heat the grill to high. Whisk the flour with a splash of the milk in a jug until smooth, add the remaining milk, then pour into a flameproof, shallow casserole dish or ovenproof, deep frying pan. Cook over a medium heat for 5–6 mins, stirring constantly, until thick enough to coat the back of a spoon (it will thicken more as the cheese is added). Stir in the lemon zest, pesto and 75g cheese. Mix for 1 min to melt the cheese, then stir in the blanched veg and gnocchi to coat; season. Scatter over the remaining cheese and grill for 5 mins until golden and bubbling.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2453kJ 584kcal	19g	6g	14g	1.7g
29%	28%	28%	16%	28%

of the reference intake. See page 7.
Carbohydrate 74g Protein 26g Fibre 11g



CORNEBEEF & BUTTER BEAN STEW

Serves 4  

Takes 30 mins

LOW ENERGY Make it in a slow-cooker: cook on low for 2½–3 hrs until the veg is tender, adding the peas for the last 20 mins. Fry the corned beef and stir in to serve.

2 tbsp olive oil
120g corned beef slices, torn into pieces
1 red onion, finely chopped
1 carrot, finely chopped
2 garlic cloves, crushed
100g Free From green pesto
1 vegetable or chicken stock pot, made up to 650ml
400g tin butter beans, drained and rinsed
½ sweetheart cabbage, finely sliced
300g frozen peas
½ crusty cob, sliced

1 Heat 1 tbsp oil in a large saucepan over a medium-high heat and fry the corned beef for 5 mins, breaking up with a spoon until it turns a darker brown and crumbly. Transfer to a plate.

2 Heat the remaining oil in the pan, fry the onion and carrot for 5 mins, then stir in the garlic and fry for 1 min. Stir in the pesto, stock, butter beans and cabbage. Bring to the boil, then simmer for 6–8 mins until the cabbage is tender. Stir in the peas and season well. Return to the boil for 2–3 mins until the peas are cooked. Stir in the corned beef to warm through, then serve in deep bowls with the bread for dunking.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2266kJ 542kcal	22g	4g	15g	2.0g
27%	32%	22%	17%	34%

of the reference intake. See page 7.
Carbohydrate 55g Protein 24g Fibre 13g

I loved that this could be made in a slow-cooker, and the pesto was a great addition



**CHICKEN,
BROCCOLI
& ORANGE
COUSCOUS**

Serves 4 DF

Takes 50 mins

LOW ENERGY This can also be made in an air-fryer: air-fry the chicken, vegetables, oil and spices at 200°C for 20–25 mins, adding the orange slices for the last 5 mins. Mix the couscous and stock in a bowl; cover and leave to soak for 6–8 mins. Fluff up, then stir through the chicken.

- 900g chicken wings
- ½ head of broccoli, cut into florets
- 1 large or 2 small red onions, cut into thin wedges
- 1 tbsp olive oil
- 2 oranges, zested and sliced
- 1 tbsp fennel seeds
- 2 tsp ground cumin
- 250g couscous
- 1 chicken stock pot, made up to 500ml
- 2 spring onions, finely sliced

Adding the couscous and stock, then returning this dish to the oven, packed in so much flavour

1 Preheat the oven to gas 6, 200°C, fan 180°C. Tip the chicken, broccoli, onions, oil, orange slices, fennel seeds and cumin into a large roasting tin; season with pepper. Toss to coat everything well in the oil and spices. Roast for 30–35 mins until the chicken is cooked through, and the onions and broccoli are tender.

2 Scatter the couscous into the tin. Stir the orange zest into the stock and pour over. Mix well so the couscous is submerged, then stir to make sure the chicken wings are on top. Bake for another 5–10 mins until the couscous is tender and the stock has been absorbed. Top with the spring onions to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2795kJ 667kcal	29g	7g	11g	1.2g
33%	42%	37%	12%	20%

of the reference intake. See page 7.
Carbohydrate 58g Protein 39g Fibre 8g

SHOPPING LIST

- 1 lemon
- 5-pack Suntrail Farms oranges
- 1 garlic bulb
- 15g fresh ginger
- 100g bunch spring onions
- 1 butterhead lettuce
- 1kg pack Redmere Farms red onions
- 3 carrots
- 1kg pack sweet potatoes
- 375g pack broccoli
- 1 sweetheart cabbage
- 1 pint skimmed milk
- 250g pack Creamfields lighter mature grated cheese
- 900g–1.2kg pack Willow Farms chicken wings
- 150g pack Eastman's Deli Foods corned beef
- 400g crusty cob loaf
- 36g jar fennel seeds
- 43g jar ground cumin
- 500g pack wholewheat couscous
- 500g pack gnocchi
- 190g jar Free From green pesto
- 400g tin butter beans
- 400g tin chickpeas
- 325g tin Grower's Harvest sweetcorn
- 2 x 145g tins Stockwell & Co. tuna in brine
- 900g pack Grower's Harvest frozen peas

**+ FROM YOUR
STORECUPBOARD**

- Chicken stock cubes,
- vegetable stock pot,
- plain flour, olive oil

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Swot up on...

Air-fryer cooking

Whether you've got an air-fryer or are thinking of investing in one, here's all you need to know about them

AIR-FRYER 101

Q WHAT IS AN AIR-FRYER?

An air-fryer mimics a fan oven but on a smaller scale, and it takes less time as it cooks at such a high temperature. It circulates hot air to cook food and give a crispy coating.

Q IS IT HEALTHIER?

Minimal oil is used, so it's healthier than roasting. It also works in place of a deep-fat fryer for foods you would traditionally submerge in oil, like chips or chicken wings, for a lighter version. (With vegetables, it may still be healthier to steam or boil them than air-fry.)

Q IS IT EASY TO CLEAN?

Yes – and often some parts are dishwasher-safe too (refer to your manual first, and put them on the top rack if you can). Clean the basket after each use to prevent crumbs

burning, but do a deeper clean inside the unit every few uses, using warm water and dish soap. Don't submerge the machine.

Q IS IT CHEAPER TO RUN THAN OTHER APPLIANCES?

Typically, an air-fryer (1,000W) costs just 34p per hour to run*, which is roughly the same as a conventional oven, but as it heats up and cooks quicker, it may work out to be more economical. They're slightly more expensive to run than a microwave*.

Q ALL THIS SOUNDS GREAT – WHAT'S THE CATCH?

There isn't one, but it's good to remember that it has less capacity than a regular oven, so it's best for making smaller portions – or you could invest in a bigger model. They can also be quite large appliances, so you would need to make space for them in your kitchen.

SPEND VS SAVE

There are so many air-fryer models on the market, spanning every budget. Often pricier models will have more functions (such as a timer or quicker preheating time) and features (like slow-cooking or keeping plates warm). Sometimes they're also bigger, but ultimately the food will cook the same as in more affordable models**.



MYTH BUSTER TRUE or FALSE

FALSE YOU CAN'T USE TIN FOIL IN AN AIR-FRYER.

You can't use foil in a microwave, but as air-fryers work differently you can line your basket with foil to make it easier to clean.

FALSE YOU CAN USE AIR-FRYERS IN THE SAME WAY AS A DEEP-FAT FRYER.

Although air-fryers have a similar effect, you can't put wet batter in, as there isn't enough oil to 'set' it, meaning it will form a gloopy mess and may burn the basket. Instead, create a dry coating using flour and your favourite spices, which will crisp up. Frozen fried foods like onion rings or hash browns can be air-fried as the batter is set.

TRUE YOU CAN COOK MULTIPLE FOODS AT ONCE.

As long as they all cook at the same temperature, and your basket isn't overloaded, you can cook different foods at the same time. If your air-fryer comes with a divider, use this to separate the food.

QUICK MEAL

Try these air-fryer falafels for a speedy oven-free lunch

1 Put a drained **400g tin chickpeas** (liquid reserved), **5g coriander**, zest of **½ lemon**, **½ chopped red onion**, **1 tbsp sesame seeds**, **2 garlic cloves**, and **½ tsp each ground coriander** and **salt** in a food processor.

2 Blitz with 2-3 **tbsp reserved chickpea liquid** until it sticks together. Divide into **8 patties**. Preheat the air-fryer to **200°C**.

3 Spray the air-fryer basket with **sunflower oil spray** and arrange the patties in a single layer. Spray the tops with more oil and cook for **15 mins**.

GIVE ME MORE!

Scan this QR code to find the full recipe for this dish.



4 FOODS TO AVOID



Fresh greens

such as spinach or kale will burn due to the heat, and their light weight means they could get caught in the coil and smoke.



Uncooked pasta and rice

need to be cooked on the hob first.



Popcorn kernels

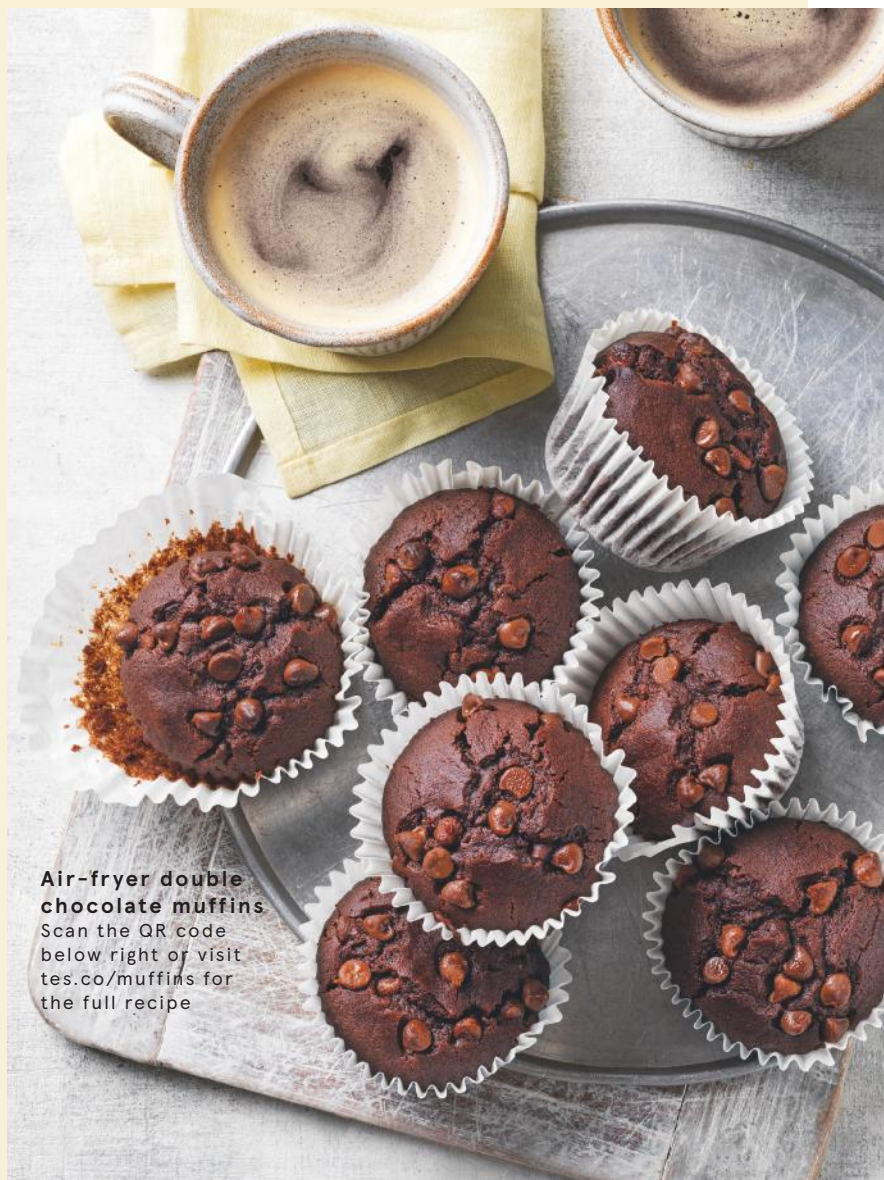
create a fire hazard risk as they can get lodged in the heating mechanism.



Bread

is best toasted under a grill or in the toaster, as the air-fryer fan can blow crumbs, creating mess.





Air-fryer double chocolate muffins
Scan the QR code below right or visit tes.co/muffins for the full recipe

SURPRISING FOODS TO TRY

EGGS Try poaching (in ramekins), scrambling (stirring after three minutes, then two, then one) or boiling (in their shells on a wire rack at a fairly low temperature).

JOINTS OF MEAT If they fit in the basket and aren't too close to the heating element, you can cook large joints in an air-fryer (check it's cooked through before eating).

CAKES Muffins, cupcakes and larger sponges can be cooked in an air-fryer quicker than in the oven. The method is a little different though so you will need a recipe that is specific to an air-fryer.

NACHOS Ideal for feeding a crowd, your nacho toppings can be added to the air-fryer. Find a recipe to try at tes.co/airfryernachos.

3 TIPS FOR SUCCESS

1. DON'T OVERCROWD THE BASKET Food cooks as the hot air circulates, but if your air-fryer is too full there won't be enough exposed surfaces for it to cook evenly.

2. GO EASY ON THE OIL Too much oil can drip onto the heating element, creating smoke. The same goes for foods that are greasy, like bacon. You only need 1-2 tsp oil, or try an oil spray if you want better control.

3. BE CAREFUL OF THE HEATING ELEMENT Ensure that no food or foil is too near this part because this will cause burning and could be a safety hazard.

30%

of homes in the UK already have an air-fryer*

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*Service-it Deep Clean, Carpet stain Remover & Glowwhite are market leaders in washing machine cleaning, carpet cleaning and fabric whitening, volume sales. Source: IRI UK

IF YOU MAKE ONE CHANGE...

WORDS: JESS HERBERT PHOTOGRAPHY: GARETH MORGANS
FOOD STYLING: EMMA JANE FROST PROP STYLING: VICTORIA ELDRIDGE
Source: mls.uk

...Eat more seeds

Often cheaper than nuts and great for your gut, adding seeds to your diet is an easy way to get more protein and fibre. Switching snacks high in saturated fats (like biscuits and crisps) for seeds can support maintenance of normal blood cholesterol levels.

Did you know?

Seeds contain essential fatty acids, amino acids, plus vitamins A, B, C and E and the minerals calcium, magnesium, potassium, zinc, iron, selenium and manganese.



Seeds are a source of protein. Eating them in combination with other protein sources (like pulses, tofu or meat) helps you get a variety of amino acids, which the body uses to build and repair cells*.

As seeds are high in fibre, add them to your diet gradually to avoid bloating. Start by sprinkling over porridge, using to add texture to stir-fries or creating a seedy crumb for fish before baking.

THE GOOD STUFF

You may have seen these seeds on the shelves, but do you know their perks?

Pumpkin seeds are a good source of potassium, which contributes to normal blood pressure and functioning of the nervous system, and magnesium, which contributes to a reduction of tiredness and fatigue.

Flaxseeds support regular bowel movements. It's worth buying them ground rather than whole, as they're easier to digest.

Chia seeds are a source of ALA, which is a type of omega 3, but it gets converted in the body to EPA and DHA, which are the same omega 3 fatty acids we find in fish.

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The Little Bottle On A Mission

In the know

Sugar rush

You can enjoy the sweet stuff as part of a balanced diet.
Here's a bit of science to help you understand how it works



JENNA HOPE
Nutritionist
(@jennahope
nutrition) tells us
about what sugar
is and how it
affects our bodies.

'Sugar is a soluble carbohydrate that is found in a variety of forms, most commonly glucose and fructose,' explains Jenna. 'A diet high in sugar causes blood glucose levels to spike, and your body responds by secreting more insulin to carry this sugar from the blood to your cells. However, the more sugar eaten and the more insulin your body secretes, the greater risk there is of becoming resistant to insulin and developing type 2 diabetes. A high-sugar diet can also contribute to higher levels of "bad" bacteria in your gut, which could lead to an increased risk of poor overall wellbeing, weight gain and cardiovascular disease.'

30g

The guideline daily amount of sugar for adults per day – that's roughly 7 teaspoons. For children it's much lower*.



MYTH

Smoothies are healthier than whole fruit

FACT

When eating fruit whole, its fibre content helps to slow down the speed that fructose is absorbed into the blood. But when blended, its free sugars are released – so smoothies still count towards your 5-a-day, but only once.

SWAP SHOP

SWAP...

...flavoured yogurt for natural yogurt with cinnamon



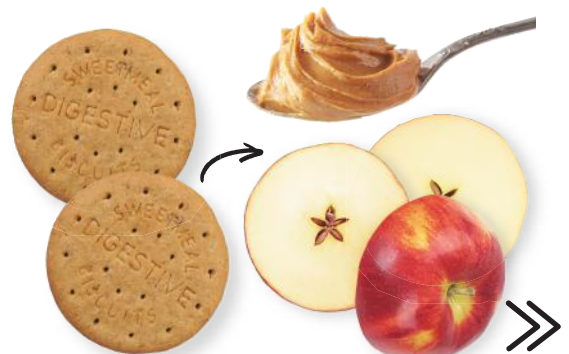
SWAP...

...high-sugar granola for muesli or porridge



SWAP...

...two digestive biscuits for slices of apple and 2 tablespoons of peanut butter



Tinned and frozen fruit make this reduced-sugar crumble more affordable

PEAR & BERRY NUTTY OAT CRUMBLE

Serves 8   

Takes 35 mins

Cost per serve 78p

CLEVER SWAP Swap oat bran for another 75g oats – blitz in a food processor before using. Switch the honey for maple syrup to make it vegan.

500g pack frozen mixed berries, such as Black Forest mix
1 tsp vanilla extract (optional)
2 x 410g tins of pear quarters in juice, drained, juice reserved
1 heaped tbsp cornflour, mixed with 2 tbsp reserved pear juice

For the crumble topping

2 tbsp clear honey
50ml rapeseed oil
75g oat bran
75g whole rolled oats
100g mixed unsalted nuts, half roughly chopped, half finely chopped
½ tsp ground cinnamon (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Gently heat the honey and oil for the crumble topping in a small pan until warm and smooth, stirring to combine. Remove from the heat and set aside.

2 Put the rest of the ingredients for the crumble topping in a large bowl with a pinch of salt. Tip in the oil and honey mix; stir well to coat. Spread onto a lined baking tray and bake

for 8–10 mins, stirring halfway, until pale golden.

3 Meanwhile, put the berries, 3 tbsp reserved pear juice and the vanilla (if using) in a large saucepan. Cook over a medium heat for 5 mins until beginning to simmer. Add the pears, stir in the cornflour mixture and cook for another 1–2 mins until thickened.

4 Transfer to a baking dish (about 2ltrs), scatter over the

crumble topping and return to the oven for 5 mins until bubbling and golden. Serve warm or cold. Leftovers will keep for 2–3 days in the fridge.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1172kJ 281kcal	16g	2g	12g	<1g
14%	23%	8%	13%	0%

of the reference intake. See page 7. Carbohydrate 25g Protein 6g Fibre 7g 1 of your 5-a-day; high in manganese, which supports the maintenance of normal bones





FREE SUGARS VS NON-FREE SUGAR

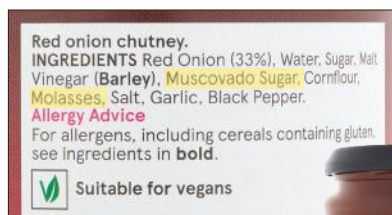
'Free sugars' means sugar that is added to foods like cake, chocolate and biscuits, or found naturally in things like honey, maple and agave syrup.



'Non-free sugar' is found naturally in fruit, veg, starchy carbohydrates and dairy products. Try to eat this type of sugar, as our blood sugars may spike less*.

HOW TO READ THE LABEL

You won't always see the word 'sugar' on food labels, as it comes in many different forms. 'Ingredients that end in "ose" indicate a source of sugar like dextrose, maltose, sucrose and fructose,' says Jenna. 'Look out for syrup, molasses, honey and malt in ingredient lists too.'



SLIGHTLY BETTER SUGARS

Dried fruit You only need a small amount, but a 30g portion of dates and apricots is high in fibre, which slows down the release of the sugar into the bloodstream.



A square of dark chocolate This is rich in polyphenols for improved brain function and gut health, and zinc, which supports a healthy immune system.



Honey Swap your usual sweetener for honey. Although it is a free sugar, it has antimicrobial properties.



Q IS SUGAR ADDICTIVE?

'There's a mixed opinion on whether sugar is biologically addictive,' says Jenna. 'However, the more sugar you consume, the more you desire, due to the spike and consequent crash in blood sugar levels. When blood sugar levels fall, you're more likely to crave more sugar for another energy boost.'

Treat of the week

Spice up your Friday night with these fragrant fish tacos and zesty kiwi salsa

CRISPY BASA TACOS WITH KIWİ SALSA

Serves 4 Takes 30 mins

Cost per serve £1.80

MAKE AHEAD Make the salsa the day before, then keep in the fridge until ready to use.

Mix 2 peeled, diced kiwis, 4 roughly chopped spring onions, 1 finely chopped green chilli and 8g finely chopped coriander in a bowl with the juice of 1 lime and 1 tbsp olive oil. Season and set aside. Mix 4 tbsp plain flour, 2 tsp smoked paprika and a pinch of salt in a shallow bowl. Cut 4 skinless and boneless basa fillets (defrosted if frozen) into 3cm strips, then pat with the spiced flour to coat. Heat 2 tbsp olive oil in a frying pan over a medium heat. Fry the fish in batches for 5-6 mins, turning every few mins, until golden all over. Meanwhile, dry-fry 8 mini plain tortilla wraps over a high heat for 30 secs each side. Wrap in foil or a clean tea towel to keep warm. Divide the fish between the tortillas and top with the kiwi salsa and 240g pickled red cabbage. Spoon 1 tbsp soured cream over each taco, scatter with 2g coriander and serve with wedges from 1 lime for squeezing over.

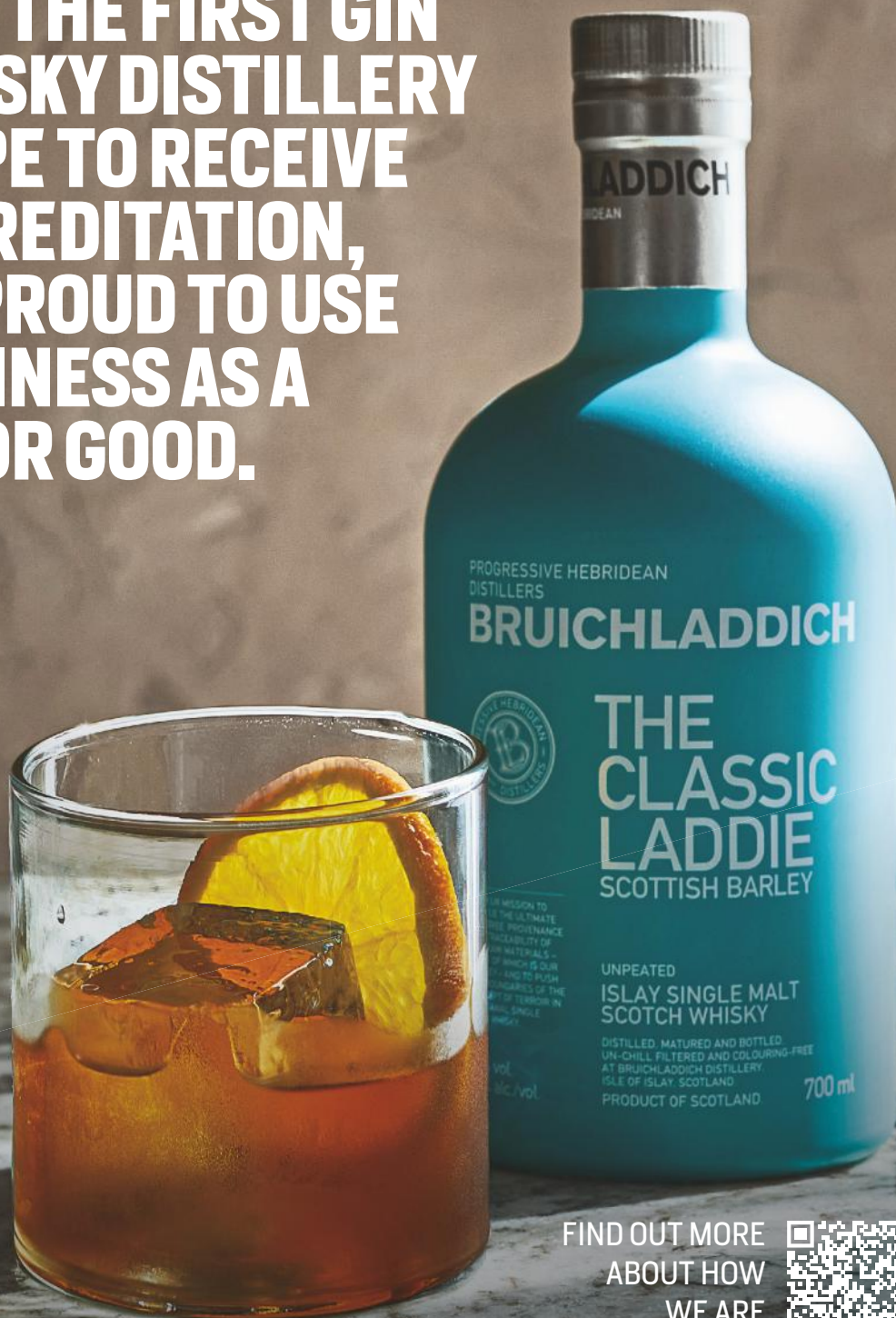
Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2020kJ 483kcal	20g	6g	8g	1.4g
24%	29%	30%	9%	23%

of the reference intake. See page 7.
Carbohydrate 49g Protein 24g Fibre 7g
1 of your 5-a-day; source of protein



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Serving suggestion.
Available in the majority of larger stores.

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